Faculty are required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the College wide Curriculum Committee.

DEPT. CDEV  COURSE NO. 1268

NUMBER OF CREDITS: 1

COURSE TITLE: Children’s Health, Nutrition and Safety Lab

CATALOG DESCRIPTION This course examines how to provide a healthy and safe environment and provide proper nutrition to young children. It sets high-quality expectations regarding policies, procedures, healthful environments, sanitation standards, and preventative care. The emphasis is on application of theory in a variety of early childhood settings. This course also examines the responsibilities of a mandated reporter of child abuse and neglect. Must be taken concurrently with HSER1268.

AUDIENCE Child Development students, child care and education professionals, anyone wishing to enhance their knowledge in this area

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: DHS background study

LENGTH OF COURSE 2 hours/week for 16 weeks

THIS COURSE IS USUALLY OFFERED:

Every other year ☐ fall ☑ spring ☐ summer ☐ undetermined ☐

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The student will demonstrate knowledge of the importance of safe and healthy environments and good nutrition to enhance growth and development.

2) THINKING SKILLS: The student will analyze unsafe, unhealthy and non-nutritious situations, and develop ideas to improve these situations.
3) COMMUNICATIONS SKILLS: The student will demonstrate effective verbal skills in classroom discussions, presentations, and with children in the lab school setting. Effective writing skills will be demonstrated through class assignments including lesson plans, and essay questions.

4) HUMAN DIVERSITY: The student will gain self-awareness regarding their perception of children with medical/health needs and families of varied socioeconomic backgrounds.

TOPICS TO BE COVERED: Safe and healthy environments, health appraisals, communicable diseases, management of accidents and injuries, child abuse and neglect, educational experiences for children, general nutrition, infant, toddler, preschool nutrition, food safety.

LIST OF EXPECTED COURSE OUTCOMES:
1. Understand how a healthy early childhood program can lay a foundation for future healthful habits.
2. Develop methods to promote preventative health habits.
3. Describe ways to inform parents of program policies.
4. Implement procedure for proper hand washing.
5. Evaluate play activities which carry health risks.
6. Describe sanitary food handling procedures.
7. Demonstrate proper diapering procedures to prevent the spread of disease.
8. Describe methods to prevent injuries.
9. Develop and conduct safety checklists indoor and outdoors.
10. Demonstrate familiarity with required childhood immunizations.
11. Formulate dental health curriculum.
12. Develop menu plans reflective of nutrition guidelines.
13. Understand responsibilities as a mandated reporter of suspected child abuse and neglect.

LEARNING/TEACHING TECHNIQUES used in the course are:
- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Demonstrations
- Other (describe below)
- Lab

ASSIGNEDMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Tests
- Interactive Lectures
- Oral Presentations
- Worksheets
- Textbook Problems
- Papers
- Group Problems
- Portfolio
- Demonstrations
- Other (describe below)
- Lab
- Term Paper
- Individual Projects
- Collaborative Projects
- Other (describe below)
**Veteran Services:** Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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