

COMPETENCY PROFILE

HEALTH, SAFETY & NUTRITION

WCC: ECE 218 (3 credits)



Emphasizes setting up and maintaining healthy environments for children. Explores nutritional needs of children, and the caregiver's role in ensuring nutrition education. Other topics covered are setting up & managing a safe environment, indoor & outdoor safety, & emergency response procedures for childcare setting

DISCUSS & APPLY HEALTH STANDARDS & PRACTICES

- Explore the idea of "preventive health care."
- Describe factors influencing health.
- Analyze teacher's role in children's health.
- Create activities designed to teach children about health.
- Understand methods of assessing children's health.
- Recognize common disorders
- Discuss Mental Health issues as it relates to the social/emotional environment of a classroom.
- Discuss cultural differences in relation to health.
- Describe how a communicable illness is passed from one person to another.
- Learn steps to manage a communicable illness.
- Analyze health practices/regulations in an ECE environment.

RECOGNIZE SAFETY PROCEDURES & PRECAUTIONS

- Describe how to make environments safe for children.
- Review safety guidelines as they relate to the indoor/outdoor environments and the age/stage of children.
- Define & discuss safety policies & their use as tools for safety, risk prevention, protection, and promotion.
- Discuss issues of safety in ECE with a teacher currently working in the field.
- Discuss importance of safe environments & describe this environment for all types of childcare.
- Discuss factors involved in childhood injury (environment, ratios, supervision).
- Describe strategies for use in dealing with injury prevention. For example: poison control, fire & burn prevention, CPR/First Aid, etc.
- Summarize steps to follow in addressing a proper response to a real emergency and describe how the steps would be performed.

INSPECT & DOCUMENT INDOOR & OUTDOOR SPACE & EQUIPMENT TO MEET SAFETY STANDARDS

- Appraise the safety of an ECE environment.
- Review environmental checklists for indoor/outdoor environments.


MAINTAIN STANDARDS FOR NUTRITION & FOOD SERVICE

- Interpret data in Dietary Guidelines for Americans & apply it to children.
- Discuss the components of the Food Guide Pyramid.
- Examine the role of nutrients in the body.
- Discuss nutrition education in early childhood programs.
- Evaluate nutrition information available on the World Wide Web.
- Discuss advantages to an infant receiving breast milk and list ways to make this a feasible option in childcare settings.
- Explain strategies intended to form good eating habits in children.
- Review family style dining techniques that can be implemented with young children.
- List guidelines for planning appropriate menus for young children.
- Describe ways to handle and store food safely.
- Analyze feeding practices in an ECE program and relate findings to course principles.
- Introduce nutrition education as it relates to curriculum development and lesson planning (ie, cooking activities).

MEET PROGRAM REQUIREMENTS FOR DOCUMENTATION & CONFIDENTIALITY

- Describe the signs of physical abuse.
 - Understand the legal obligations of reporting child abuse and neglect.
 - Explore your own feelings about reporting child abuse.
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College Textbooks:

 Health, Safety and Nutrition for the Young Child, 6th edition by Marotz, Cross and Neanettia; Delmar Publishing
ISBN# 978-1-4018-3700-6