



CD205 Health, Nutrition and Safety

Student Learning Objectives:

Upon completion of this course the students will be able to:

1. Demonstrate the interrelationship of health, safety, and nutrition (MOSPE 1; CTTC-HU-EC 5; CDA 1; NAEYC 1)
2. Identify strategies and resources that can be used to discuss health, nutrition, and safety issues with families. (MOSPE9M3; CCTC-HU-E 4 & 5; CDA 4; NAEYC 4)
3. Demonstrate the ability to create a safe learning environment, both indoor and outdoor, including the state licensing standards for infants, toddlers, and preschoolers. (MOSPE 3M1; CCTC-HU-EC 3 & 5; CDA 1; NAEYC 1 & 6b)
4. Identify and demonstrate childhood diseases, accident prevention, and first aid procedures necessary in caring for young children. (CCTC-HU-EC 5; CDA 1; NAEYC 1)
5. Demonstrate planning childhood centered activities to promote the areas of health, safety, and nutrition. (MOSPE 1; CCTC-HU-EC 5; CDA 5; NAEYC 5)
6. Demonstrate planning child centered activities to promote the area of health, safety, and nutrition. (MOSPE 1; CCTC-HU-EC 5; CDA 5; NAEYC 5)
7. Demonstrate appropriate meal planning for the early childhood environment including nutrition, social, and health living practices. (MOSPE 1; CCTC-HU-EC 5; CDA 5; NAEYC 5 & 6b)

Course Outline/ Major Topics Studied:

1. Interrelationship of Health, Nutrition, and Safety in the early childhood classroom
2. Health, Nutrition, and Safety in relationship to families
3. Abuse and Neglect
4. Healthy Learning Environments for children
5. Teaching children about Health, Nutrition, and Safety
6. Appropriate Nutrition for young children