



## EARLY LEARNING AND CHILDCARE

### COURSE OUTLINE – Fall 2021

#### CD1020: Health, Nutrition and Safety - 2(3-0-0) 30 Hours for 15 Weeks

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

**INSTRUCTOR:** Shelly Kelly, PhD  
**OFFICE:** Online  
**OFFICE HOURS:** Anytime by appointment

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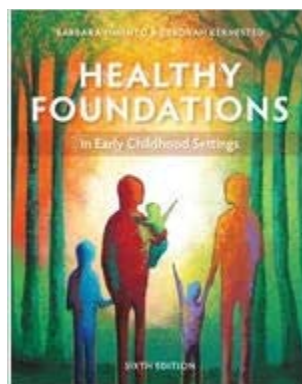
#### CALENDAR DESCRIPTION:

This course provides the knowledge, skills and attitudes required to provide for the basic health, safety and nutritional needs of young children. Requirements for healthy and safe early childhood environments will be identified. The nutritional needs of young children will be established, and appropriate menu planning strategies explored. Developmentally appropriate practices and experiences for establishing healthful attitudes in young children are also included.

#### PREREQUISITE(S)/COREQUISITE: N/A

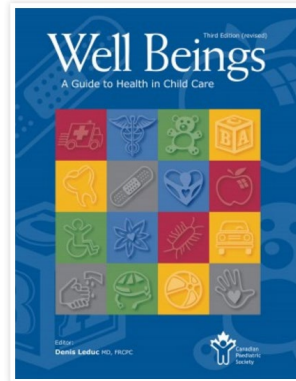
#### REQUIRED TEXT/RESOURCE MATERIALS:

Pimento, B. and Kernested, D. (2019). Healthy Foundations in Early Childhood Settings, 6th Edition. Nelson



Although not necessary for this course, the following text is highly recommended for your personal and professional use:

*Well Beings*, 3<sup>rd</sup> Edition (2008), Canadian Pediatric Society (see <https://bookstore.cps.ca/stock/details/well-beings-a-guide-to-health-in-child-care-3rd-edition> for more information).



**DELIVERY MODE(S):** Online, Brightspace

**COURSE OBJECTIVES:**

1. Identify the safety- related licensing requirements for child care centres and nursery schools in Alberta.
2. Evaluate indoor and outdoor play spaces and equipment to ensure children’s safety.
3. Apply injury prevention principles in a variety of settings.
4. Identify conditions which may affect children's health including genetic factors, environmental factors, chronic illnesses and allergies.
5. Identify licensing requirements related to health issues in programs for young children.
6. Assess children's health using appropriate health records, screening procedures and community resources.
7. Identify signs and symptoms of communicable diseases.
8. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
9. Formulate health policies for early childhood programs.
10. Demonstrate a variety of methods which will assist children in developing good health practices.
11. Demonstrate an understanding of Canada's Food Guide.
12. Plan meals and snacks which meet the nutritional requirements of young children and which also reflect cultural and ethnic diversity.
13. Describe diet related health problems and plan meals and snacks for children on restricted diets.
14. Describe strategies caregivers can use to promote healthy eating habits.
15. Describe the correct procedures for storing, handling, preparing and serving food.
16. Select, plan and implement developmentally appropriate nutrition experiences for young children.

## LEARNING OUTCOMES:

1. Assess general safety issues in the indoor and outdoor early childhood setting.
2. Explain practices that provide safe environments and prevent injury in early learning and child care programs.
3. Implement policies and practices to ensure children's well-being.
4. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
5. Describe appropriate practices to promote nutritional and dental health.
6. Plan and implement developmentally appropriate health, safety and nutrition experiences for children to promote wellness.

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.

## EVALUATIONS:

All completed activities/assignments will be graded, and feedback posted within 5 business days of the due date. Your final grade for this course will be based on:

Learning Activities:	25%
Discussion Questions:	15%
Assignments:	60%

## Learning Activities / Assignments: Sept 1 – Dec 15

### All components of Unit One:

		<u>Due Date</u>
Discussion Question:	5%	Sept 10
Learning Activities	7.5%	Sept 24
ASSIGNMENT: Safety Checklists and Awareness	20%	Oct 15

### All components of Unit Two:

Discussion Question:	5%	Oct 22
Learning Activities`	7.5%	Nov 05
ASSIGNMENT: Health Concepts	20%	Nov 19

### All components of Unit Three:

Discussion Question:	5%	Nov 26
Learning Activities	10%	Dec 03
ASSIGNMENT: Menu Planning	<u>20%</u>	Dec 10

**Total** **100%**

## GRADING CRITERIA:

Please note that the pass grade for this course is a C-.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

### Sept 1 – Dec 15

Evaluation		Due Date
Unit 1	Discussion	Sept 10
	Learning Activities	Sept 24
	Assignment	Oct 15
Unit 2	Discussion	Oct 22
	Learning Activities	Nov 05
	Assignment	Nov 19
Unit 3	Discussion	Nov 26
	Learning Activities	Dec 03
	Assignment	Dec 10

## STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

\*\*Note: all Academic and Administrative policies are available on the same page.