

**GRANDE PRAIRIE REGIONAL COLLEGE  
EARLY CHILDHOOD DEVELOPMENT**

**CD 1020  
HEALTH, NUTRITION AND SAFETY**

**SEMESTER:** Winter 2003-2004

**CREDITS:** 2

**HOURS:** 30

**DATES:** January 6 - March 18

**DAYS:** Tuesdays

**TIMES:** 6:00 - 8:50

**LOCATION:** H135

**INSTRUCTOR:** Karen Kennedy

**PHONE:** 539-2040

**OFFICE:** H133

**E-MAIL:** kkennedy@gprc.ab.ca

**OFFICE HOURS:** posted or by  
appointment

**COURSE DESCRIPTION:** This course provides basic information in identifying and meeting the health and safety needs of children in group settings.

**PREREQUISITES:** None

**TEXT:** *Healthy Foundations in Child Care 2<sup>nd</sup> ed.* by Pimento and Kernstead

**OBJECTIVES:** On completion of this course, you will be able to:

- recognize symptoms of common illnesses
- implement policies and practices to ensure children's well-being in group care settings
- describe the nutrition needs of children from birth through early childhood
- ensure that meals and snacks meet the nutrition requirement of the children in the program
- assess safety of indoor and outdoor environments
- provide resources for parents
- plan and implement health and nutrition related experiences for children of a variety of different ages

**TEACHING METHODS:** Lectures will incorporate A.V. materials, discussion, in-and out-of-class activities, and guest speakers.

**GRADING POLICY:** A final grade of D (1.0) must be obtained in order to pass this course. The final grade is based on: Assignments (25%); Quizzes (70%); Attendance/ Participation (5%). Final grades will be based on the following 4-point grading system:

<b>Alpha Grade</b>	<b>4-Point Equivalence</b>	<b>Descriptor</b>
A+	4.0	Excellent
A	4.0	
A-	3.7	
B+	3.3	Good
B	3.0	

B-	2.7	
C+	2.3	Satisfactory
C	2.0	
C-	1.7	
D+	1.3	Minimal Pass
D	1.0	
F	0.0	Fail

**ASSIGNMENTS:**

**In-class Assignment - weight 10%**

With other members of a group, you will prepare a 5-day menu plan with two snacks and a meal for a full-time child care program, and a 10-day snack plan for a half-day nursery school program.

**Assignment #2 - weight 15%**

Resource file: You will collect a variety of articles suitable for sharing with parents.

**CLASS POLICIES:**

*It is the right of the student and of the instructor to a favorable learning/teaching environment. It is the responsibility of the student and the instructor to engage in appropriate adult behaviors that positively support learning. This includes, but is not limited to, treating others with dignity and respect.* The student must be familiar with the E.C.D. student handbook and students' rights and responsibilities found in the College calendar.

- Regular attendance and active class participation help you understand the content and be a successful student. Absence from over 20% of the class hours (6.0 hours) will result in a grade of 0 for attendance/participation.
- Quizzes will be scheduled throughout the semester. Unless you have discussed the need to be absent from a scheduled quiz at least one week in advance or have doctor's documentation of illness, absence from a quiz will result in a grade of '0'.
- Assignments are due in-class or before 4:30 on the assignment due date. Late assignments will be deducted an initial 5 % and 1% per day, including weekends. Assignments will receive a grade of 0% after 10 days late.
- All work must be typewritten (or neatly handwritten in dark ink) and double-spaced. Points will be deducted or the work may be required to be rewritten when there are significant spelling or grammatical errors. Refer to the College calendar and the E.C.D. Student Handbook for assignment submission guidelines.
- Graded assignments will normally be returned within two weeks.
- The last day to withdraw from this course with full refund of tuition is \_\_\_\_\_. The last day to withdraw from this course with permission (W is assigned by the Registrar's office) is \_\_\_\_\_.

- Changes to this course outline will be discussed with you in class.

**TOPICS:**

The following topics, although not necessarily in the listed order, will be covered in this course:

A. Health

1. Factors influencing health
2. The infectious process
3. Assessing children's health
4. Program policies and practices
5. The role of the caregiver
6. Health related experiences for young children

B. Nutrition

1. Children's nutritional needs
2. Nutrition related health concerns
3. Menus and Snacks in programs for young children
4. Nutrition related experiences for young children

C. Safety

1. Assessing indoor and outdoor environments, equipment and materials
2. Program policies and practices
3. Safety related experiences for young children

**CLASS SCHEDULE:**

This is a *tentative* schedule of topics and due dates. Changes to the schedule will be discussed with you in class.

DATE	TOPIC	READING	ASSIGNMENT/QUIZ
Jan.6	Safety		
Jan. 13		Unit 5 - Safety Promotion	
Jan. 20			Quiz
Jan. 27	Nutrition	Unit 4 - Nutrition	
Feb. 3			In-Class Assignment
Feb. 10			Quiz
Feb. 17	NO CLASS		
Feb. 24	Health	Unit 3 - Illness: Prevention & Management	
Mar. 2			
Mar. 9			Assignment #2
Mar. 16			Quiz

## ASSIGNMENTS

### **In-class Assignment - weight 10%**

With other members of a group, you will prepare a 5-day menu plan with two snacks and a meal for a full-time child care program, and a 10-day snack plan for a half-day nursery school program.

**The menu** for a child care program should:

- be appropriate for preschoolers
- account for all nutritional requirements and be cost efficient
- provide appeal and variety
- include one meatless day, and several new foods or novel preparations
- provide at least one opportunity for children to be involved in the preparation
- include an appendix for the main ingredients of recipes
- indicate the snacks and meals the children will help to prepare and include an appendix planning sheet describing the cooking activity the children will participate in

The menu will then be adapted and describe:

- how it can be adapted for toddlers (12- 24 months)
- the changes that would be made for children who are allergic to any food containing (a) wheat (b) citrus fruits.

**The snack** plan for a nursery school program should:

- be appropriate for preschool children
- account for all nutritional requirements and be cost efficient
- provide appeal and variety
- provide for children to serve themselves as much as possible
- indicate which of the snacks the children will help to prepare
- include an appendix of planning sheets describing 3 snacks that the children will assist in preparing

### **Assignment #2 - weight 15%**

Resource file: You will collect a variety of resources (pamphlets, booklets, or articles) suitable for sharing with parents. A minimum of 8 articles for each of the topics covered in the course (Health, Safety, and Nutrition) should be submitted. Each article must be accompanied by an annotated bibliography that briefly summarizes the content and describes how it may benefit parents. The articles must be submitted in an expandable portfolio case, organized, and with a table of contents.

**RESOURCES  
FOR  
CD1020 HEALTH, SAFETY AND NUTRITION**

**Internet sites**

Child Family Canada [www.cfc-efc.ca](http://www.cfc-efc.ca)

Safe Kids Canada [www.safekidscanada.ca](http://www.safekidscanada.ca)

Canadian Paediatric Society [www.cps.ca](http://www.cps.ca)

Health Canada [www.hc-ch.ca](http://www.hc-ch.ca)

Alberta Health and Wellness [www.health.gov.ab.ca](http://www.health.gov.ab.ca)

KidSource OnLine [www.kidsource.com](http://www.kidsource.com)

National Parent Information Network [www.npin.org](http://www.npin.org)

National Child Care Information Center [www.nccic.org](http://www.nccic.org)

National Network for Child Care [www.nncc.org](http://www.nncc.org)

National Resource Center for Health and Safety in Child Care [www.nrc.uchsc.edu](http://www.nrc.uchsc.edu)  
[www.eparentingnetwork.ca](http://www.eparentingnetwork.ca)

Healthy Child Care [www.healthychild.net](http://www.healthychild.net)

Parent Soup [www.parentsoup.com](http://www.parentsoup.com)

**Journals & Magazines**

Today's Parent

Parenting

Young Children