

**GRANDE PRAIRIE REGIONAL COLLEGE  
EARLY CHILDHOOD DEVELOPMENT**

**CD 1020  
HEALTH, NUTRITION AND SAFETY**

**SEMESTER:** Winter 2004-2005

**CREDITS:** 2

**HOURS:** 30

**DATES:** January 4 - March 4

**DAYS:** Fridays

**TIMES:** 8:30 – 11:20

**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 3<sup>rd</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 requirements 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

**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 (35%); Quizzes (60%); Attendance/ Participation (5%). Final grades will be based on the following 4-point grading system:

Alpha Grade	4-Point Equivalence	Descriptor	Percentage Equivalent
A+	4.0	Excellent	90 - 100
A	4.0		85 - 89
A-	3.7		80 - 84
B+	3.3	Good	76 - 79
B	3.0		73 - 75
B-	2.7		70 - 72
C+	2.3	Satisfactory	67 - 69
C	2.0		64 - 66
C-	1.7		60 - 63
D+	1.3	Minimal Pass	55 - 59
D	1.0		50 - 54
F	0.0	Fail	0 - 49

**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 receive a grade of 0 unless a "No Questions Asked" coupon has been submitted in lieu of the assignment on the assignment due date.
- All work must be typewritten (or neatly handwritten in dark ink) double-spaced and single sided. Assignment submission guidelines outlined in the Student Handbook should be followed.
- Graded assignments will normally be returned within two weeks.
- 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. 7	Safety	Unit 5 - Safety Promotion	
Jan. 14			
Jan. 21			Quiz
Jan. 28	Health	Unit 3 - Illness: Prevention & Management	
Feb. 4			Assignment #1
Feb. 11			Quiz
Feb. 18	Nutrition	Unit 4 - Nutrition	
Feb. 24			
Mar. 4			Quiz & Assignment #2

## **ASSIGNMENTS**

### **Assignment #1 - weight 10%**

**Due Date:** \_\_\_\_\_

Resource file: You will collect a variety of resources (pamphlets, booklets, or articles) suitable for sharing with parents. A minimum of 8 resources for each of the topics covered in the course (Health, Safety, and Nutrition) should be submitted. Each resource 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. A minimum of 6 different sources must be used (internet sites, magazines).

### **Assignment #2 - weight 25%**

**Due Date:** \_\_\_\_\_

With a partner, you will prepare a policy manual outlining the policies and procedures relating to children's health, safety and nutrition in an early childhood program. A wide variety of policies should be included. For example, policies relating to children's health such as health records, immunization, exclusion policies and administration of medication among other policies important to both parents and staff would be part of the manual. Procedures that will be followed by staff should also be included in the manual. Some of the health related procedures would include, for example, procedures to prevent illness (cleaning/sanitizing, handwashing, diaper changing, etc.) and procedures to manage illness.

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

**Internet sites**

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

Canadian Institute of Child Health [www.cich.ca](http://www.cich.ca)

E-parenting network [www.eparentingnetwork.ca](http://www.eparentingnetwork.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 Child Care Information Center [www.nccic.org](http://www.nccic.org)

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

Children Youth and Families Education and Research Network [www.cyfernet.org](http://www.cyfernet.org)

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

CD10210  
Health Safety and Nutrition  
Winter 2004-2005

**NO QUESTIONS ASKED**

Good for late submission of one assignment within seven days of the due date.