JEFFERSON COLLEGE

COURSE SYLLABUS

ECE103

CHILD HEALTH, NUTRITION, AND SAFETY

3 Credit Hours

Prepared by:
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By: Christy Cornelius

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Ms. Shirley Davenport, Dean, Arts & Science Education
ECE103  Child Health, Nutrition, and Safety

I. CATALOGUE DESCRIPTION

A. Prerequisite: reading proficiency

B. 3 semester hours credit

C. Child Health, Nutrition, and Safety is a study of the factors affecting children's health, including nutritional needs, childhood diseases, and a safe but challenging learning environment. It will enable the student to prepare and use constructivist teaching methods in developing lesson plans on health, nutrition, and safety related issues for children B-12 years. (F,S)

II. EXPECTED LEARNING OUTCOMES/CORRESPONDING ASSESSMENT MEASURES

| Identify common illnesses and injuries for young children (MoSTEP 1.2.1) | Exam  
Health assignment  
First aid assignment  |
|---|---|
| Apply nutritional guidelines and principles of food safety (MoSTEP 1.2.1) | Menu plan assignment  
Nutrition board game  
Exam  |
| Analyze appropriate healthy living habits for infants, toddlers, preschoolers, and elementary grade children (MoSTEP 1.2.2) | Developmental chart  
Lesson plan assignment  |
| Create a healthy and safe environment for young children (MoSTEP 1.2.6) | Safety checklist assignment  
Playground plan  |
| Identify signs of physical, emotional, and sexual abuse and neglect (MoSTEP 1.2.3) | Case study assignment  
Exam  
Discussions  
Article review  |
| Compare and contrast community agencies which provide health services to families, schools, or early education programs. (MoSTEP 1.2.10) | Case study assignment  
Community resource assignment |

III. OUTLINE OF TOPICS

A. Interrelationships of health, safety, and nutrition

B. Study of health
   1. Health assessment, requirements, and policies
   2. Conditions affecting health and learning
   3. Communicable and non-communicable diseases
   4. Maintaining healthy environments
   5. Healthy living habits for each age group
C. Study of safety
   1. First aid procedures
   2. CPR
   3. Safe environments
   4. Child abuse and neglect

D. Study of nutrition
   1. Nutrient strengths
   2. Nutritious meals and snacks
   3. Introduction of semi-solid and solid foods
   4. Chronic conditions related to foods
   5. Serving sizes
   6. Food safety
   7. Budget
   8. MyPlate.gov

E. Community agencies
   1. Department of Health and Senior Services
   2. Department of Family Services
   3. Center for Disease Control

F. Learning experiences/activities
   1. Health
   2. Safety
   3. Nutrition

IV. METHODS OF INSTRUCTION
A. Instructor lectures
B. Demonstrations
C. Discussions
D. Video clips
E. MyPlate.gov website
F. Case studies
G. Small group activities

V. REQUIRED TEXTBOOK

VI. REQUIRED MATERIAL

Textbook

VII. SUPPLEMENTAL REFERENCES

A. Periodical: Young Children
B. Internet websites

VIII. METHODS OF EVALUATION

A. Written exams
B. Assignments
C. Attendance and participation
D. Discussion boards
E. Article review

IX. ADA-AA STATEMENT

Any student requiring special accommodations should contact the Americans with Disabilities Act Amendments Act (ADAAA) office at (636) 481-3169 or (636) 797-3000, x3169, and discuss accommodations with the instructor.

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies, as stated in the Student Handbook (see College website, http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26@Itemid=84).