

## CUMBERLAND COUNTY COLLEGE

Course: ED 209: Child Health, Safety & Nutrition

Credits: 3

Prerequisites: ED 206: Principles of Early Childhood Education  
PY 115: Child Development & Learning

### Description:

This course explore ways to provide a safe, appropriate environment for children, develop awareness of children's health and nutritional needs, and collaborate with parents to expand health, safety and nutritional information and practices.

### Learning Outcomes

At the completion of this course, students should be able to:

- Define and discuss the care givers role in the holistic approach to child health, safety and nutrition.
- Identify common illnesses prone to young children; identify prevention, management and treatment strategies.
- Document and explain indoor and outdoor safety hazards that affect children of different ages.
- Identify coping strategies that will be useful for helping young children deal with stress.
- Demonstrate the ability to create a menu that is age and culturally appropriate.
- Create an integrated curriculum unit plan focused on safety, health, or nutrition
- Explain the importance of parent education in issues relating to health, safety and nutrition.
- Research and explain special topics related to the overall health of children, such as abuse, stress, poverty.

### Topical Outline

- Your Role in Children's Wellness
- The Foundations of Optimal Nutrition
- The Science of Nutrition
- Feeding Infants
- Feeding Toddlers, Preschoolers, and School-Age Children
- Menu Planning
- Food Safety
- Creating a Climate of Health and Wellness
- Health Screening and Assessment
- Managing Infectious Disease

- Teaching Children with Special Health Care Needs
- Children's Mental Health
- Enhancing Safety Through Appropriate Environments
- Responding to Emergencies
- Child Abuse and Neglect

Text: Sorte, J., Daeschel, I., Amador, C.(2014). *Nutrition, Health, and Safety for Young Children: Promoting Wellness* (2<sup>nd</sup>. Ed.). Pearson.

Student Assessment: Research Paper required. Additional assessment may be accomplished through projects, portfolios, exams, presentations and/or research papers.

Academic Integrity: Plagiarism is cheating. Plagiarism is presenting in written work, in public speaking, and in oral reports the ideas or exact words of someone else without proper documentation. Whether the act of plagiarism is deliberate or accidental [ignorance of the proper rules for handling material is no excuse], plagiarism is, indeed, a “criminal” offense. As such, a plagiarized paper or report automatically receives a grade of **ZERO** and the student may receive a grade of **F** for the semester at the discretion of the instructor.

Note: If you are having difficulty with work in this class tutoring is available through the Center for Academic & Student Success. If you think that you might have a learning disability, contact Project Assist at 856.691.8600 x 1282 for information on assistance that can be provided to eligible students.

### **Before Withdrawing From This Course**

If a student experiences adverse circumstances while enrolled in this course and considers withdrawing, s/he should see an advisor (division or advisement center) BEFORE withdrawing from the class. A withdrawal may cause harmful repercussions to completion rate standards and overall GPA which can limit or eliminate future financial aid in addition to causing academic suspension.