

**MIDDLESEX COMMUNITY COLLEGE
EARLY CHILDHOOD EDUCATION PROGRAM**

ECE 176: Health, Safety and Nutrition for the Young Child- Online

Instructor: Norma Rosado-Javier

CRN# 2007

Summer 2015-Online

Credits: 3

College E-mail: nrosado-javier@mxcc.commnet.edu

(Use college e-mail only if Blackboard is down).

Text

1. Robertson, C. Safety, Nutrition and Health in Early Education (6th Edition). Cengage Learning. (2016)

Course Description:

This course provides an overview of the relationship between health, safety, and nutrition with child development. Emphasis will be on the strategies needed to implement a safe, healthy and nutritionally sound program. Community agencies and resources that support children and families 'safety, health, and nutrition will be explored.

Course Objectives

- Discuss the interrelationship of health, safety and nutrition in an early childhood education environment.
- Develop skills necessary to plan and implement health, safety, and nutrition experiences and to integrate these experiences into daily curriculum.
- Explore various agencies, organizations and websites that can be utilized as resources and referrals for health, safety and nutrition issues for children, families and teachers.
- Practice teacher health appraisals of young children, identify, and discuss first aid practices for common and acute illnesses and injuries.
- Plan and analyze nutritionally balanced menus for young children (appropriate feeding of infants, toddlers and preschoolers) using the CACFP guidelines.

Examine all developmental areas (physical, personal/social, cognitive and creativity) and discuss skills that can be enhanced in each area of development during snack and lunch time.

Course Outcomes;

At the end of this course students will be able to:

- Understand and discuss how health, safety and nutrition are interrelated.
- Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, dental health, physical activity and mental health.
- Perform a daily children's health check.
- Name and describe the symptoms and management strategies for common medical conditions that children experience.
- Describe safety practices that teachers should implement in the classroom and outdoors to safeguard children.
- Identify two forms of negligence and discuss steps teachers can take to protect themselves from such charges.
- Know and observe management of childhood injuries and acute illnesses.
- Know and explain the significance of Public Law 93-247
- Understand the Food Guide Pyramid, and the Dietary Guidelines for Americans.
- Discuss the major role that each food group plays in promoting healthy growth, development and learning.
- Review Connecticut Child Care Nutrition Standards.
- Describe guidelines for feeding infants, toddlers and preschoolers.
- Plan snacks for toddlers, preschoolers and school –aged children that meet their nutritional requirements.
- Review CSDE Action Guide for Child Care Nutrition Policies.

Course Content:

The following topics will be covered:

- Interrelationships of Health, Safety and Nutrition
- Safety Management
- Creating quality environments
- Nutrition in Early Childhood Education
- Promoting Good Health Habits
- Health Appraisals
- Stress in young children
- Health assessment tools
- Conditions affecting children's health
- Communicable and acute illnesses: identification and management
- Management of injuries and acute illness
- Child abuse and neglect
- Nutrients that provide energy, regulate body functions and growth of body tissues
- Infant, toddler, preschooler feeding
- National and State Nutrition Policies and Guidelines

COURSE REQUIREMENTS/GRADING GRID/DESCRIPTION GRADING

Items	Points
A Weekly Discussion/Activities (“Reality Check” /Case Studies or Chapter Questions) (5x40 points for each completed activity)	200
B <u>Chapter Quiz</u> (10x30 points each)	300
C Nutrition Activity One Week Menu Preparation	200
D Children's Television Show Assignment	150
E List of Children’s Books used for introducing Children to Health, Safety, and Nutrition topics.	150
Total	1000

Total # of points/Letter Grade

A =1000-950	B+ =899-850	C+ =749-700	D+= 599-550	F 450-0
A- =949-900	B = 849-800	C= 699-650	D = 549-500	
	B- =799-750	C- =649-600	D- =499-450	

Course Requirements/Description

A. Discussion Boards:(5 at 40 Points Each)

Every week you are responsible for posting an initial response thread in the discussion link located in the course menu. You will also need to respond to someone else’s thread. (You may respond to more than one if you wish). The initial thread must respond directly to the discussion question posted. (More information about discussion boards will be found in the discussion board link).

B. Quizzes: (300 Points)

There will be total of 10 quizzes for the course. Each quiz will be worth 30 points.

C. Nutrition Activity: (200 Points)

- Students will prepare a one week menu for children. Using the CACFP guidelines and the menu planning checklist plan a one week (M-F) preschool age menu for breakfast (morning snack), lunch, and snack.
- Make sure you are meeting the correct nutritional guidelines for each meal as well as variety, texture, color, and presentation.

List the serving sizes of the foods included in the menu depending on the age of children

- This activity/assignment should be displayed in a calendar format listing the days of the week and the foods served at the various times throughout the day.

D. Saturday Morning Children's Television: (150 Points)

Observe a Saturday morning children's television show for one hour. In a two-three page typed written report address the following:

- Name the show(s) you watched. Count the number of food commercials you see and name the food products that were advertised during this time.
- What percentage of advertisements was for healthy foods and what percentage was for junk foods?
- What "hooks" or incentives did these advertisements give children to influence them to want to purchase the foods?
- Choose two of the commercials and list the methods they use to get a child to purchase the foods advertised.
- Compare the foods to the MyPlate Food System (ex: oversized portions, balancing calories, reduction of sugary drinks etc) and give your opinion about the content/message of the commercials.

E. List of Children's Books used for introducing Health, Safety, and Nutrition Topics: (150 Points)

Students are to research 10 children's books that deal with health, safety, and nutrition as topics. Make sure you name the book, author, and illustrator. Give a brief summary of each book. Explain what age group this book is appropriate for. Also include how the author/illustrator uses the words/pictures to get children interested in the topic. Your list needs to include books from the above categories listed. (At least two for each).

Instructor's Expectations of Students/ NOTE FOR ALL ASSIGNMENTS:

1. Students are responsible for reading the syllabus, assignments, and materials.
2. All written course work must be typed with 12-size font and double-spaced. and include Standard English Practices. These include: spelling and punctuation, capitalization, sentence and paragraph structure, grammar, clarity of expression, and organization.
3. **All assignments are due on the dates indicated. Assignments will not be accepted after the due date unless the instructor has been consulted prior to the due date.**

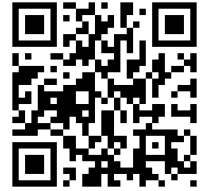
All biographic notations of other sources reviewed to complete assignments, or cited in the report must be acknowledged in the reference list. Use APA or MLA format in writing your references. See websites below.

APA http://www.mxcc.commnet.edu/images/customer-files/L_PDF/APA.pdf

MLA http://www.mxcc.commnet.edu/images/customer-files/L_PDF/MLA.pdf

IMPORTANT COLLEGE POLICIES!! PLEASE READ CAREFULLY!

For information about the college's policies and procedures regarding academic honesty, accessibility/disability services, attendance, audio-recording in the classroom, grade appeals, plagiarism, religious accommodations, weather and emergency closings, and more, please go to the following website: www.mxcc.edu/catalog/syllabus-policies/ or scan the QR code with your smart phone. Also, please become familiar with the policies regarding nondiscrimination, sexual misconduct, and general student conduct at the following website: www.mxcc.edu/nondiscrimination/.



NON-DISCRIMINATION STATEMENT

Middlesex Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and activities. In addition, the College does not discriminate in employment on the additional basis of veteran status or criminal record.

The following people have been designated to handle inquiries or complaints regarding non-discrimination policies and practices:

- Primary Title IX Coordinator
Dr. Adrienne Maslin
Dean of Students/Title IX and Section 504/ADA Coordinator
amaslin@mxcc.edu; 860-343-5759; Founders Hall Room 123|
- Secondary Title IX Coordinator
Ms. Mary Lou Phillips
Director of Human Resources, Middlesex Community College
mphillips@mxcc.edu; 860-343-5751; Founders Hall Room 115
- Secondary Title IX Coordinator
Ms. Queen Fordham
Coordinator of the Meriden Center Welcome Desk
qfordham@mxcc.edu; 203-608-3011

Weekly Course Outline

Weeks	Topics and Weekly Chapter Readings	Readings and Assignments/Activities
Week 1 7/6/15- 7/12/15	<p><u>Getting Started/Introduction Blog/Review Syllabus</u> <u>Section One-Introduction:</u> <u>Chapter 1</u>-A Holistic Environmental Approach To Healthy Development in Early Childhood Education Environments <u>Section Two-Safety in Early Childhood Education</u> <u>Chapter 2</u>-Creating Safe Environments.</p>	<p><u>First Discussion Post</u> <u>Quiz for Chapter 1</u> <u>Quiz for Chapter 2</u> <u>All assignments due on 7/12/15 by 11:59pm</u></p>
Week 2 7/13/15- 7/19/15	<p><u>Chapter 3</u>-Indoor Safety <u>Chapter 4</u>-Outdoor Safety <u>Chapter 5</u>-Emergency Response Procedures for Early Childhood Education Environments</p>	<p><u>Discussion Post</u> <u>Quiz for Chapter 3</u> <u>Quiz for Chapter 4</u> <u>All assignments due on 7/19/15 by 11:59pm</u></p>
Week 3 7/20/15 7/26/15	<p><u>Section Three-Nutrition in Early Childhood Education</u> <u>Chapter 6</u>-Basic Nutrition for Children <u>Chapter 7</u>-Protecting Good Nutrition and Wellness</p>	<p><u>Discussion Post</u> <u>Quiz for Chapter 6</u> <u>Quiz for Chapter 7</u> <u>Saturday Children's Show</u> <u>All assignments due on 7/26/15 By 11:59pm.</u></p>
Week 4 7/27/15 8/2/15	<p><u>Chapter 8</u>-Providing Good Nutrition for Diverse Children <u>Chapter 9</u>- Menu Planning and Food Safety.</p>	<p><u>Discussion Post</u> <u>Quiz for Chapter 8</u> <u>Quiz for Chapter 9</u> <u>Nutrition Activity Due!</u> <u>All assignments due on 8/2/15 by 11:59pm.</u> <u>July 29-Last Day to Withdraw from Class</u></p>
Week 5 8/3/15- 8/7/15	<p><u>Section Four-Health in Early Childhood Education Environments</u> <u>Chapter 10</u>-Tools for Promoting Good Health in Children <u>Chapter 11</u>-Prevention of Illness through Infection Control <u>Chapter 13</u>-Providing for Special Health Care Needs</p>	<p><u>Discussion Post</u> <u>Quiz for Chapter 11</u> <u>Quiz for Chapter 13</u> <u>List of Children's Books</u> <u>All assignments due on 8/7/15 by 11:59pm.</u></p>