

HE 158
Health, Safety and Nutrition

3 Credits

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HE 158 Version: 22



Health, Safety and Nutrition

Calendar Description

This course examines the health, safety, and nutrition needs of young children. It includes practical applications for supporting these needs in an early childhood environment.

Rationale

This is a required course for Early Learning and Child Care Certificate students. All early childhood educators must be aware of the health, safety, and nutritional aspects of child to provide for the physical needs of children in their care. Students plan and implement health, safety and nutrition activities with children and learn how to develop this curriculum for programs in early learning settings.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. identify and discuss the determinants of health for young children.
2. apply principles of a health and wellness promotion philosophy to their own lives as well as their work with children and families.
3. describe the health conditions of young children in terms of childhood diseases and illness, illness prevention and illness management.
4. discuss occupational health and safety issues for early learning and child care professionals with a focus on prevention and management.
5. identify indoor and outdoor safety practices in early learning settings.
6. plan and implement health, safety, and nutrition activities for children.
7. investigate the relationship between nutrition to the growth and development of the healthy child, and their own personal health.

8. apply the principles of meal planning.
9. explain the importance of sanitary handling and storage of foods.
10. promote family awareness of health, safety, and nutrition.

Resource Materials

Required Text:

Pimento, B., & Kernested, D. (2019). *Healthy foundations in early childhood settings*

(6th ed.). Nelson. ISBN: 978-0-17-673917-1.

Conduct of Course

This course consists of a combination of lectures, guest presenters, discussions, videos, and activities to develop background knowledge in health, safety and nutrition. The assignments are practical applications focusing on menu planning and teaching health, safety and nutrition concepts to young children. Reviews based on the textbook supports students' understanding and application of knowledge about health, safety, and nutrition with young children. This course requires students to implement planned activities with young children.

Evaluation Procedures

The grading system is based on the evaluation received for each assignment. A possible 100% can be obtained by successfully completing ALL assignments in this course.

Reviews	15%
Health & Safety Activity	30%
Menu Planning Assignment	30%
Snack Making Activity	<u>25%</u>
Total	100%

Grade Equivalents and Course Pass Requirements

A minimum grade of D (50%) (1.00) is required to pass this course.

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.0

Students must maintain a cumulative average grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. More than four (4) absences per course, per semester, may result in probation. Further absences may result in the suspension of a student from a course(s).

Students in the online delivery of this course demonstrate attendance by reviewing the content of the course, participating in discussions, and following the timeline for assignments outlined by the instructor.

In case of repeated absences due to illness, the student may be requested to submit a medical certificate.

Instructors have the authority to require attendance at classes.

Course Units/Topics

1. Overview of health, safety and nutrition needs of young children

- a. Determinants of health
- b. Prevention and health promotion
- c. Providing a healthy program for children
 - i) Infants and toddlers
 - ii) Preschoolers
 - iii) School age children

2. Health

- a. Occupational health
- b. Hygiene practices
- c. Childhood illnesses
- d. Allergies
- e. Illness prevention
- f. Administering medication
- g. Dental health
- h. Mental health
- i. Developmentally appropriate health curriculum

3. Safety

- a. Safety issues with young children
- b. Promoting safety in child care settings
 - i) Child car seat safety
 - ii) Children's furniture and equipment
 - iii) Supervision of children, indoors and outdoors
 - iv) Outdoor safety
 - v) Environmental contaminants
- c. Emergency preparation
- d. Developmentally appropriate safety curriculum

4. Nutrition

- a. Healthy eating habits
- b. Food needs
- c. Menu planning
- d. Preparing and providing nutritious food in group settings
- e. Food safety
- f. Food labels and processing
- g. Developmentally appropriate nutrition curriculum



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