

DEPARTMENT OF EARLY CHILDHOOD DEVELOPMENT  
CD1020  
HEALTH, NUTRITION AND SAFETY

HOURS: 30

CREDITS: 2

SEMESTER: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

PHONE: \_\_\_\_\_

TEXT: \_\_\_\_\_

**COURSE DESCRIPTION:**

In this course, the learner will identify the health, safety and nutritional needs of young children. The learner will acquire the knowledge and skills to provide safe and healthy early childhood environments. The learner will also be able to plan and provide for the nutritional needs of young children in early childhood programmes.

COURSE OUTLINE REVISED: JUNE, 1995

CD1020

HEALTH, NUTRITION AND SAFETY

UNITS

**UNIT 1**

The learner will be able to plan safe environments for young children.

**UNIT 2**

The learner will be able to identify and to provide for the physical health needs of young children in early childhood programmes.

**UNIT 3**

The learner will be able to identify and provide for individual nutritional needs in early childhood programmes.

**UNIT 4**

The learner will be able to select appropriate methods to assist children in developing good health, safety and nutrition practices.

CD1020

HEALTH, NUTRITION AND SAFETY

**Unit One: The learner will be able to plan safe environments for young children.**

**Objectives: Upon successful completion of this unit the learner will be able to:**

1. Identify the licensing requirements for daycare centres and nursery schools which relate to health and safety, including furnishings and equipment, emergency situations, health standards, and indoor and outdoor play space.
2. Evaluate indoor and outdoor play spaces and equipment to ensure children's safety.
3. Apply accident prevention principles in a variety of settings.

HEALTH, NUTRITION AND SAFETY

**Unit Two: The learner will be able to identify and to provide for the physical health needs of young children in early childhood programmes.**

**Objectives: Upon successful completion of this unit the learner will be able to:**

1. Identify conditions which may affect children's health including, genetic factors, environmental factors, chronic illnesses and allergies.
2. Assess children's health using as appropriate health appraisals, health records, screening procedures and community resources.
3. Identify signs and symptoms of common communicable diseases.
4. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
5. Formulate health policies for early childhood programmes.
6. Identify licensing requirements for recording individual children's health and safety information.

HEALTH, NUTRITION AND SAFETY

**Unit Three: The learner will be able to identify and provide for individual nutritional needs in early childhood programmes.**

**Objectives: Upon the successful completion of this unit the learner will be able to:**

1. Interpret the Canada Food Guide.
2. Identify the nutritional needs of young children using Canada's Food Guide.
3. Describe diet related health problems.
4. Plan meals and snacks which meet the nutritional requirements of young children.
5. Plan meals and snacks for children on restricted diets.
6. Select foods which represent cultural and ethnic diversity.
7. Describe strategies caregivers can use to promote healthy eating habits.
8. State aspects of personal health and cleanliness which relate to food safety.
9. Explain how sanitation in food storage, handling, preparation and service affects food safety.

CD1020

HEALTH, NUTRITION AND SAFETY

**Unit Four: The learner will be able to select appropriate methods to assist children to develop good health practices.**

**Objectives: Upon successful completion of this unit the learner will be able to:**

1. Select, plan, and implement developmentally appropriate health, safety, and nutrition experiences for young children.
2. Demonstrate a variety of methods to encourage the children to develop good health practices.

## CD1020

### HEALTH, NUTRITION AND SAFETY

Upon successful completion of this course the learner will have acquired and be able to demonstrate specific knowledge, skills, and attitudes.

#### **The learner will gain knowledge of:**

1. The conditions related to children's physical safety.
2. The conditions related to children's physical health needs.
3. Communicable diseases.
4. The nutritional needs of young children.
5. Safe food handling and preparation.
6. Canada's Food Guide

#### **The learner will gain skill in:**

1. Ensuring that environments for young children are safe and healthy.
  2. Identifying conditions related to children's physical health.
  3. Preventing the spread of communicable disease.
  4. Formulating and implementing health policies for early childhood programmes.
  5. Assisting children to develop appropriate eating habits.
  6. Planning nutritious menus which reflect cultural and ethnic diversity.
  7. Ensuring the safe handling and preparation of food.
  8. Planning developmentally appropriate health, nutrition and safety experiences for young children.
  9. Interpreting Canada's Food Guide.
-

CD1020

**HEALTH, NUTRITION AND SAFETY**

**The learner will develop attitudes which reflect:**

1. An understanding of the important role caregivers play in ensuring the health and safety of young children in early childhood programmes.
2. The value of introducing a variety of foods at an early age.
3. The importance of modelling appropriate health practices.