I. BASIC COURSE INFORMATION

A. Number & Title: ECHD 195 Nutrition, Health & Safety for Preschool Children

B. Course Date of Proposal: January 31, 2007

C. Sponsoring Department – Early Childhood Education

D. Semester Credit Hours: 3

E. Weekly Contact Hours: 3
   Lecture 3
   Lab 0

F. Prerequisite: None

II. CATALOG DESCRIPTION

This course focuses on those aspects of nutrition, health and safety that are most important to people who work with young children as professional caregivers, and teachers. Basic information on nutritional needs, food pattern.

III. STATEMENT OF COURSE NEED

Health and safety are the primary concerns of parents and child care providers. The National Association for the Education of Young Child recommends that childcare professionals demonstrate competency in the 5 standards produced by the NAEYC. New Jersey State Department of Human Services requires education and training in health and safety for Group Teacher Certification. Nutrition, Health and Safety will meet the need stated by the core curriculum in the Early Childhood Education Program.

IV. PLACE OF COURSE IN CURRICULUM

This course is required for Early Childhood Education majors in the AAS, AA, ECHD Certificate.

V. OUTLINE OF COURSE CONTENT:

• Nutrition: The Science of Food
• Food Patterns for Healthy Development
VI. EDUCATIONAL GOALS AND STUDENT LEARNING OUTCOMES

A. General Education Goals

Students will:
1. Classify and organize information on the basic food groups, childhood (G.E. 1, 2).
2. Identify diseases, rules and regulations, and appropriate activities (G.E. 1, 2).
3. Review food guides and design curriculum based on information (G.E. 1, 2).
4. Research and present information in discussion groups on topics in nutrition, health, and safety through several activity development projects (G.E. 1, 2, 3).
5. Organize information and present a persuasive argument based on food (G.E. 1, 2, 3, 4, 5, 6, 7).
6. Evaluate recent medical information on the topics of food preservatives, food allergies, obesity, anemia, low birth weight babies and more (G.E. 1, 2, 4, 5).
7. Review case studies and learn to recognize the characteristics of child abuse and neglect and will follow the appropriate steps toward notification (G.E. 2, 4, 5, 6).
8. Investigate culture related topics such as food preferences (G.E. 4).
9. Identify important issues of health and well being of young children (G.E. 3).
10. Implement strategies that will lead to improved health and well being of the young child (G.E. 4, 5, 7).

B. Learning Outcomes

Students will be able to:
1. Identify the interrelatedness of nutrition, health, and safety.
2. Identify the basics of nutrition.
3. List and explain the importance of the major nutrients.
4. Use the food guide pyramid to plan nutritionally balanced meals and snacks.
5. Learn how to read food labels.
7. Incorporate appropriate food activities in lesson plans.
8. Learn the nutritional needs of children, birth-8.
9. Identify children with special nutritional needs.
10. Learn to create safe indoor and outside environments.

VII. Modes of Teaching and Learning

- Lecture/Discussion
- Guest Speakers
- CPR Training Credential
- Role Playing
- Collaboration
- Field Observation

VIII. Papers, Examinations, and other Assessment Instruments

- Final Exam
- Written Assignments

IX. Grade Determinants

- Final Exam
- Specific types of written assignments (i.e. health records, menu plans, lesson plans and procedures for working with parents).

X. Text and Materials


IX. Resources

- Textbooks
- Charts
- Audio Visual Aids
- Selected Periodicals
- www.naeyc.org
- www.njccs.org