

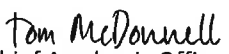


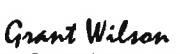


**Syllabus**  
**ECED 1260**  
**Early Childhood Health, Safety, and Nutrition**  
**2023**

**Committee Members:**

Taylor Brase & Lisa Brestel, Central Community College  
N/A, Metropolitan Community College  
Tyler Esch & Loretta Hauxwell, Mid-Plains Community College  
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Patsy Yager, Western Nebraska Community College  
N/A, Little Priest Tribal College  
Jackie Hahn, Nebraska Indian Community College  
**Facilitator: NDE: Julie Miller**

**The Institution agrees to the contents in this syllabus including course prefix, number, course description and other contents of this syllabus.**

 Chief Academic Officer, Central Community College	04/04/2023	Adopt
 Chief Academic Officer, Little Priest Tribal College	03/23/2023	Adopt
 Chief Academic Officer, Metropolitan Community College	04/03/2023	Adopt
 Chief Academic Officer, Mid-Plains Community College	04/08/2023	Decline
 Chief Academic Officer, Nebraska Indian Community College	03/24/2023	Adopt
 Chief Academic Officer, Northeast Community College	03/23/2023	Adopt
 Chief Academic Officer, Southeast Community College	04/06/2023	Adopt
 Chief Academic Officer, Western Nebraska Community College	03/23/2023	Adopt

## **I. CATALOG DESCRIPTION**

Course Number: ECED 1260  
Course Title: Early Childhood Health, Safety, and Nutrition  
Prerequisites: None

Catalog Description: This course addresses the interrelatedness of health, safety, and nutrition in the life of a young child, birth through age eight. Practices that assess and promote good health are introduced. Effective control of communicable diseases and acute illnesses found in the early childhood years and early education settings is addressed. Safety management and the handling of child abuse and neglect are examined. Students learn appropriate nutritional guidelines and practices for planning meals and snacks in the classroom.

Credit Hours: 3.0 semester credit hours/3.0 quarter credit hours

## **II. COURSE OBJECTIVES/COMPETENCIES**

The course will:

1. Examine the interrelatedness of health, safety, and nutrition in early childhood development from birth through age eight within the early childhood education setting.
2. Discuss common communicable diseases and illnesses often found in early childhood settings and effective control and management.
3. Explain the principles to implement in creating and managing a safe early childhood environment.
4. Identify the signs of child abuse and neglect and reporting procedures.
5. Explore educational experiences for teaching young children appropriate safety practices.
6. Recognize proper nutrition and nutritional practices in early childhood settings and analyze basic food safety and sanitation methods.

## **III. STUDENT LEARNING OUTCOMES**

Students will be able to:

1. Determine how health, safety, and nutrition in the early childhood setting affects children's growth and development in the early years from birth to age eight.

2. Differentiate signs of common communicable diseases and illnesses and identify appropriate caregiver responses.
3. Develop a plan to prevent or minimize the spread of illness in the early childhood setting.
4. Construct a plan for an early childhood setting that would include optimal health and safety conditions indoors and outdoors with the maximum benefits for children's healthy growth and development.
5. Evaluate the signs of child abuse and neglect and review proper reporting procedures.
6. Plan complete, nutritional menus that follow USDA guidelines for breakfast, lunch, and snacks in the early childhood setting.
7. Formulate an appropriate policy for food safety and sanitization procedures that would be appropriate for the early childhood setting.

#### **IV. COURSE CONTENT / TOPICAL OUTLINE**

- A. Healthy and Safe Early Childhood Environments – Indoor and Outdoor
- B. Early Childhood Chronic Conditions and Communicable Illnesses
- C. Nutrition in the Early Childhood Years
- D. Food Safety and Sanitization in Childcare Settings
- E. Child Abuse Signs and Reporting
- F. The Impact of Health, Safety, and Nutrition on Child Growth and Development

#### **V. INSTRUCTIONAL MATERIALS**

Suggested Texts: [This list of texts should be reviewed annually. The instructor may choose additional materials as supplements.]

Marotz, Lynn, Health, Safety, and Nutrition for the Young Child, Wadsworth/Cengage Learning, 2015, ISBN: 978-1-285-42733-1.

#### **VI. METHODS OF PRESENTATION / INSTRUCTION**

Methods of presentation typically include a combination of the following:

1. Technology enhanced lecture
2. Classroom discussions
3. Interactive group activities
4. Audio visual materials
5. Presentations by experts from the ECED industry

## **VII. METHODS OF EVALUATION**

Methods of evaluation, although determined by the individual instructor, traditionally includes a combination of the following:

1. Attendance and participation
2. Daily assignments
3. Written exams and/or quizzes
4. Performance and observational assessment

## **VIII. INSTITUTIONAL DEFINED SECTION**

*To be used at the discretion of each community college as deemed necessary.*