

**MAYLAND COMMUNITY COLLEGE
Welcomes You To:**

**EDU 153, Section 10
Health, Safety, and Nutrition
Credit Hours: 3 Contact Hours: 3**

TERM (Spring 2006)

Course Description

This course focuses on promoting and maintaining the health and well-being of children. Topics include health and nutritional needs, safe and healthy environments, and recognition and reporting of child abuse and neglect. Upon completion, students should be able to set up and monitor safe indoor and outdoor environments and implement a nutrition education program.

Prerequisites: None

Corequisites: EDU 153A

Instructor Information

Instructor:	Alicia Shell
Office Location:	Phillips-Gwaltney CDC
Telephone Number:	765-1401
E-mail Address:	adshell@mayland.edu
Office Hours:	7:30-3:30 and before and after class

Course Information

Class meets on Monday 6:00 – 8:50 at the Crossnore Academy

Required Text(s): Marota, Lynn R., Marie Z. Cross, and Jeanettia M. Rush.
Health, Safety, and Nutrition for the Young Child. 5th
Edition. New York: Delmar Publishing Co. 2001.

LRC Resources: Early Childhood books, magazines, and journals.

Required supplies:

Course Objectives/Competencies:

1. List and explain major concepts in the curriculum areas of health, safety, and nutrition.
2. Describe appropriate strategies and activities to use with children in the curriculum areas of health, safety, and nutrition.
3. Develop skills in identifying child abuse and neglect, communicable diseases, managing acute illnesses, and emergency care situations.

4. Prepare menus according to nutritional guidelines and individual and cultural diversities.
5. Identify general health/sanitation practices which should be used by effective caregivers.
6. Identify components of various child food programs.
7. Discuss health standards for children.
8. Practice health inspections and assessments.
9. Discuss conditions affecting children's health and identify common health problems.
10. Practice health/sanitation procedures for caregivers.
11. Discuss safety management and accident prevention.
12. Discuss how to monitor children's personal safety habits.
 - a. Strangers and abusers safety
 - b. Street safety
 - c. Transportation safety
13. Discuss food pyramid.
14. Identify nutritional guidelines for infants, preschoolers, and school-age children.
 - a. Child care standards
 - b. Assessment of diets
 - c. Food choices made by children.
15. Assist in proper food preparation and clean-up techniques.

Attendance Policy/Tardiness/Make-Up Work:

Regular class attendance is regarded as essential to the academic progress of the student. You are expected to attend class and are responsible for contacting the instructor if you must be absent from class. To reward attendance and to allow for legitimate absences, attendance is counted as one test grade. The grade is computed as follows: 16 class meetings: 6.25 points for each attendance. Two tardies will equal one absence. You will be counted tardy if you enter the classroom after the appointed hour to begin. The student must be present for the entire class to receive the attendance points.

Make-up work will be assigned at the instructor's discretion. If the students have acceptable reasons for absences, make-up work will be assigned. This work must be turned into the instructor within one week of the date it was assigned.

Grading Criteria/Tests/Projects:

Grades will be assigned according to the following criteria:

1. Reading materials as they are assigned.
2. Participation in all assigned activities and discussions on a professional level.

3. Review of 6 magazine articles – 2 relating to health, 2 relating to safety, and 2 related to foods and/or nutrition. Students will read the article, summarize the information, and critique this information in 1 to 1 ½ pages. Reviews are due on the following dates: Health – Feb. 6; Safety – April 24; and Nutrition – March 20.
4. Develop a resource file of 60 topics related to the health, safety, and nutrition of young children. Activities will be arranged in the following categories: 20 topics related to health issues, 20 topics related to nutrition, and 20 related to safety. Each topic must contain a brochure/parent information, resources for teachers, and an activity for children. Activities must be written on Activity Plan Sheets. File is due on May 1.
5. Plan written menus that include breakfast, lunch, and snack for two weeks for young children. Menus must meet nutritional guidelines and requirements. Menus are due March 27.
6. Write 3 weekly lesson plans and include activity plans for each. One week will focus on health, one week will focus on nutrition, and one week will focus on safety. Lesson plans are due April 24.
7. Students will design an original game that focuses on helping children learn a health, safety, or nutrition topic. The game can be a file folder game, matching, board game, etc. The completed game should be turned in along with a description of the game and the rules. Game is due on March 13. Students will present in class.
8. Tests on material covered in class and assigned readings. You are expected to take tests on assigned date. If this is not possible, you are responsible for making prior arrangements with the instructor. All make-up tests must be taken within one week of the assigned date. After one week, the grade for the test will be a zero. It is the student's responsibility to initiate the make-up arrangement.
9. Assignments are due according to dates printed on this syllabu or at times specifically assigned by the instructor, whether the student is present or not. If you must be absent on the due date of an assignment, turn it in early to avoid a late penalty. Failure to turn in an assignment on the due date will result in a 10 – point deduction for each class day it is late. If problems arise, you are encouraged to contact the instructor prior to the due date.

Homework assignments may be given at the instructor's discretion and will be due the following class meeting.

Grading Criteria:

Daily assignments and Participation	20%
Tests (including attendance)	20%
Projects	60%

Grading Scale:

A = 94 – 100
B = 86- 93
C = 78- 85
D = 70 - 77
F = Below 70

Inclement Weather Procedures:

In all periods of inclement weather you are reminded to use sound judgment when making travel decisions. Life and safety are the primary considerations. We expect you to give due consideration to your responsibility for attendance; however, we expect you to make decisions of whether to travel on unsafe highways and to accept the responsibility for your decision. Make-up work will be assigned according to procedures already cited in this syllabus. Additional information concerning inclement weather is listed in the Student Handbook.

Academic Standards/Student Expectations/Ethics:

In addition to academic performance, students should exhibit the qualities of honesty and integrity. Any form of dishonesty (cheating, fabrication, facilitation of academic dishonesty, plagiarism, etc.) will make the student subject to disciplinary action. **Be honest!**

The incomplete "I" grade indicates that the student had failed to finish a portion of the required work for the class due to unusual circumstances. Should you request and receive an "I" for this course; it must be removed before the end of the next semester to avoid the grade automatically changing to an "F". The instructor had the liberty to assign a due date for work needed to satisfy an incomplete grade. If he/she chooses to do this, you must meet the instructor's due date.

While I have attempted to be as thorough as possible with this syllabus, course procedure may vary from this outline to meet the needs of this particular group of students.

Withdrawal Dates:

Spring 2006

End of Unconditional Withdrawal	Monday, February 13, 2006
End of Conditional Withdrawal	Monday, March 27, 2006

The following Administrative Withdrawal statement: If a student has not been in contact with the instructor and has not attended class for a consecutive two-week period, an administrative withdrawal will be submitted by the instructor.

- For a full explanation of correct procedures for withdrawal from this course see the Student Handbook. Any student failing to complete the withdrawal process and not attending class will receive a grade of “F” for this course.

The following ADA statement: Any student requesting special accommodations for this course due to a disability should apply for services through the SOAR Office or the Counseling Center, which will document the disability. A counselor will then help determine which accommodations, if any, the student needs for success in this course.

Course Outline/Weekly Topics

	Topic	Reading	Assignment
1/9/2006	Introduction		
1/16/2006	No class		
1/23/2006	Promoting good health Health appraisals	Chapter 2 & 3	
1/30/2006	Health assessment tools	Chapter 4	
2/6/2006	Chronic conditions	Chapter 5	Articles due
2/13/2006	Infectious illness Acute Illness	Chapter 6 & 7	
2/20/2006	Nutritional guidelines	Chapter 13	Test
2/27/2006	Nutrients	Chapter 14, 15, 16	
3/6/2006	Spring Break – No Class		
3/13/2006	Infant feeding	Chapter 17	Game Due
3/20/2006	Toddler & Preschooler feeding	Chapter 18 & 19	

3/27/2006	Food Safety Nutrition activities	Chapter 20 & 21	Menus Due
4/3/2006	Creating Environments	Chapter 8	Test
4/10/2006	Safety Management	Chapter 9	
4/17/2006	First Aid	Chapter 10	Lesson Plan Activity Plan due
4/24/2006	Child abuse & neglect	Chapter 11	
5/1/2006	Planning	Chapter 12	Resource file due
5/8/2006	Evaluation		Test