

Minnesota State College Southeast

ECED 1120: Health, Safety, and Nutrition

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course teaches the student how to establish and maintain a physically and psychologically safe and healthy learning environment for young children. Topics include preventing illness and accidents; handling emergencies; providing health, safety, and nutrition educational experiences; meeting children's basic nutritional needs; child abuse and current health-related issues. This course does not include CPR or first aid certification. (Prerequisite: None) (3 credits: 3 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 08/17/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Childhood Safety
2. Childhood Health and Nutrition
3. Nutirents and Healthy Eating
4. Health Appraisal/Assessment
5. Infectious Process and Control

D. LEARNING OUTCOMES (General)

1. Explore the interrelationship of safety, health and nutrition
2. Explore methods for promoting good health in children
3. Identify health appraisal methods
4. Identify health assessment tools
5. Describe conditions affecting children's health
6. Describe the infectious process and effective control
7. Describe the identification and management of communicable and acute illness
8. Explore methods for creating quality environments for health and safety
9. Identify safety management practices
10. Describe management of accidents and injuries
11. Explore the general characteristics of child abuse and neglect
12. Identify ways to create educational experiences for teaching children about safety, health and nutrition
13. Identify the basic components of nutrition recommendations for children
14. Identify nutrients that provide energy, promote growth of body tissues, and regulate body functions
15. Describe the basic components of infant feeding
16. Describe the basic components of feeding toddlers and preschool children
17. Explore the basic components of planning and serving nutritious meals
18. Explore the causes and prevention of food-borne illnesses

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

This course was previously ECED 1220.