

CFS-121: HEALTH, SAFETY & NUTRITION

CFS Courses

Course

- CFS-121: Health, Safety & Nutrition
- CFS-140: The Child, Family and Community

Effective Term

Fall 2024

CC Approval

03/01/2024

AS Approval

03/12/2024

BOT Approval

03/21/2024

SECTION A - Course Data Elements

Send Workflow to Initiator

No

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Child Development/Early Childhood Education (Master's Degree)	

Subject Code

CFS - Child and Family Studies

Course Number

121

Department

Child and Family Studies & Education (CFS)

Division

Career Education and Workforce Development (CEWD)

Full Course Title

Health, Safety & Nutrition

Short Title

Health, Safety & Nutrition

CB03 TOP Code

1305.00 - *Child Development/Early Care and Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

Rationale

Changes to Description and content.

SECTION B - Course Description

Catalog Course Description

This course will provide an introduction to the laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in care and education settings for children birth through middle childhood. Includes the teacher's role in prevention strategies, nutrition and meal planning, integrating health safety and nutrition experiences into daily routines, and overall risk management

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lecture Hours

54

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Describe strategies used to promote the health, safety, and nutrition of children and adults in care and education settings.
2.	Evaluate environments for both positive and negative impacts on children's and adults' health and safety.

3. Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in care and education settings.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Define the broad concepts and practices of health, safety, and nutrition.
2.	Identify laws and regulations related to health, safety, and nutrition.
3.	Identify health and safety risks and prevention strategies in care and education settings.
4.	Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5.	Describe culturally responsive strategies for partnering with families and the community in support of a healthy and safe environment for children.
6.	Explore community resources available to support children and families.
7.	Apply the recommendations for children's nutrition to the development of healthy and economical meals and snacks based on the age and individual needs of children.
8.	Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition.

Course Content

1. Interrelationships Between Health, Safety, and Nutrition for Children Birth Through Middle Childhood
 - a. Defining physical and mental health
 - b. Defining safety
 - c. Defining nutrition
2. Laws, Codes, Regulations, and Policies
 - a. Fire and health codes
 - b. Title 22
 - c. Title 5
 - d. Emergency Medical Services Authority
 - e. Local requirements
 - f. Food programs
 - g. Child abuse and neglect
 - i. Mandated reporting
 - ii. Prevention strategies
 - iii. Community resources
3. Safety Management
 - a. Safe environments
 - b. Accommodations for special needs
 - c. Injury prevention and care
 - d. Emergency preparedness response and recovery
 - e. Car seats
4. Health Management
 - a. Universal precautions
 - b. Daily health check
 - c. Food safety
 - d. Communicable diseases
 - e. Infectious process
 - f. Illness and exclusion policies
 - g. Common health issues such as pink eye, lice, runny nose
 - h. Chronic and acute illnesses such as allergies, mental health, obesity
 - i. Sleeping and napping
 - j. Diapering and toileting
 - k. Health assessment tools
 - l. Staff safety and well being
 - i. Risk management
 - ii. Employee policies
 1. Physical health
 2. Mental health
5. Teachers and Caregivers Roles

- a. Teachers as role models of best health, safety, and nutrition practices
- b. Collaboration with families and other professionals to promote health, safety, and nutrition
- c. Communication
 - i. Families
 - ii. Other health professionals
- d. Community resources for children and families at risk
 - i. Housing and food insecurity
 - ii. Foster care/child welfare
 - iii. Incarceration
 - iv. Trauma and abuse
 - v. Medically fragile
- 6. Meals and Snacks
 - a. Nutrition guidelines
 - b. Diet analysis
 - c. Mealtime policies and regulations
 - d. Menu planning
 - e. Budgeting
 - f. Culture, traditions, and family choices
 - g. Allergies and food sensitivities
 - h. Special feeding needs
 - i. Sanitary food handling
- 7. Planning Learning Experiences in Health, Safety, and Nutrition
 - a. Developmentally sound practices
 - b. Cultural, linguistic, and developmental differences of families, teachers, and children
 - c. Learning opportunities integrated during daily routines
 - d. Physical fitness
 - e. Use of instructional technology
 - f. Accommodations for children with special needs

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	Utilizing white board, video, and technological supplements small group and project work: Students working in groups on projects relevant to course content and joint problem solving.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Exams (objective and essay) that demonstrate student's ability to define, analyze, and apply basic principles of health, safety, and nutrition in the classroom

Essays/Papers	Papers and essays that demonstrate student's ability to recognize key concerns in the area of health, safety, and nutrition and formulate plans for promoting health, implementing safety practices, and developing nutritionally sound menu plans for children.
Class Participation	Students are expected to actively participate in class activities and projects.
Homework	Read chapter 2 in the text and answer the chapter questions at the end of the chapter.

Assignments

Reading Assignments

Reading assignments are based on textbook readings or instructor generated handout:

1. Read Chapter ten in "Health Safety & Nutrition in Young Children" covering the management of illness and injury.
2. Read the article distributed in class titled "Do we fatten our children at the television set? Obesity and television viewing in children and adolescents."

Writing Assignments

1. Performance - Snack Planning and Preparation

For example: An example of a snack planning assignment may be to prepare a balanced snack for young children and present it in class and be prepared to respond to questions about how the snack presented meets the nutritional need of children at various ages.

2. Analysis paper

For example: Apply the Personal Care Routines section of the Early Childhood Environmental Rating Scale to an early childhood classroom. Create an analysis of the programs rating and a plan on how the program can increase their score.

SECTION F - Textbooks and Instructional Materials

Material Type

Open Educational Resource (OER)

Author

Paris, Jennifer

Title

Health, Safety, and Nutrition OER

Edition/Version

1.0

Publisher

An Open Educational Resources Publication by College of the Canyons

Year

2020

Proposed General Education/Transfer Agreement

Do you wish to propose this course for a Local General Education Area?

No

Do you wish to propose this course for a CSU General Education Area?

No

Do you wish to propose this course for a UC Transferable Course Agreement (UC-TCA)?

No

Course Codes (Admin Only)

ASSIST Update

No

CB00 State ID

CCC000248718

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No