COMMON COURSE OUTLINE:  Course discipline/number/title: CYFS 1220 Child Safety, Health, and Nutrition

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 2 1/2 hours
3. Prerequisites (Course discipline/number): Test into READ 0840, ENGL 0910, and ENGL 0980
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course will introduce the student to the laws, regulations, standards, policies and procedures and curriculum related to health, safety and nutrition. Topics include illness and accident prevention, emergencies, children's basic nutritional needs, and child abuse/neglect prevention and intervention, collaboration with families and health professionals.

B. DATE LAST REVISED (Month, year): March, 2012

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Interrelationship of Health, Safety, and Nutrition
2. Promoting A Healthy Lifestyle
3. Health Appraisals
4. Health Assessment Tools
5. Conditions Affecting Children’s Health
6. Impact of Tobacco, Alcohol, and Drugs on Health
7. The Infectious Process and Environmental Control
8. Communicable and Acute Illness: Identification and Management
9. Planning for Children’s Health and Safety Education
10. Creating Quality Environments
11. Safety Management
12. Management of Injuries and Acute Illness
13. Maltreatment of Children: Abuse and Neglect
14. Nutritional Guidelines
15. Nutrients That Promote Growth of Body Tissues (Proteins, Minerals, and Water)
17. Incorporating Multicultural Snacks into the Curriculum
18. Nutrition Education Concepts and Activities
19. Infant Feeding
20. Feeding Toddlers and Young Children
21. Feeding School Age Children and Youth
22. Planning and Serving Nutritious and Economical Meals
23. Food Safety
24. Federal Food Programs

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Demonstrate and assist children with appropriate hand-washing techniques.
2. Demonstrate safe diapering procedures.
3. Implement practices to avoid and control blood-borne pathogens.
4. Recognize and correct hazards and potential hazards in the environment
5. Supervise and interact with children to ensure safety both indoors and outdoors.
7. Follow safety regulations and participates in emergency and disaster drills.
8. Describe safe food handling and observes general sanitation practices.
9. Describe how to maintain sanitary environments.
10. Recognize health hazards in meals (choking, allergies, etc.) and steps to prevent dangerous situation.
11. Describe procedures for responding to and documenting children's injuries.
12. Recognize signs of common illnesses.
13. Follow procedures to avoid transmission of communicable diseases.
14. Follow instructions for administration of medicine and approved medical treatments, including related documentation.
15. Describe and maintains a safe environment to prevent and reduce injuries.
D. LEARNING OUTCOMES (GENERAL): Continued. . . . The student will be able to:
16. Teach simple safety precautions and rules to children and enforce rules consistently
17. Describe how to identify and report problems regarding staff to child ratios.
18. Describe emergency, illness, injury, and sanitation procedures.
19. Monitor eating habits to ensure a healthy diet.
20. Plan for appropriate meals and snacks in a relaxed and social setting with no coercion.
22. Demonstrate basic knowledge of health issues common to from birth through adolescence.
23. Identify, document, and report suspected emotional distress, abuse, and neglect of children in an immediate and appropriate way.
24. Describe how to use appropriate health appraisal and management procedures and makes referrals.
25. Describe how to help children and youth establish health-promoting behaviors and making healthy choices.
26. Identify basic knowledge of the nutrition and feeding needs specific to infants, toddlers, children, and youth including those with physical impairments.
27. Write developmentally appropriate curriculum on the topics of health, safety, and nutrition appropriate for families and all children.
29. Recognize a caregiver's role and responsibility to model good health, safety, and nutrition habits.
30. Bases educational activities on nutritional information responsive to multiple cultures.
31. Understand the influence of use and misuse of tobacco, alcohol, drugs, and other chemicals on student life and learning.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Written exams
2. Student demonstration of procedures
3. Evaluation of written assignments and student-generated curriculum

G. RCTC CORE OUTCOME(S) ADDRESS:ED:
- Communication
- Critical Thinking
- Global Awareness/Diversity
- Civic Responsibility
- Personal/Professional Accountability
- Aesthetic Response

H. SPECIAL INFORMATION (if any):
Content goals are aligned with level 1 and 2 of the Minnesota Core Competencies for early Childhood Education and Care Practitioners