6/1/2023 DATE

☐ REQUIRED COURSE
☐ ELECTIVE COURSE

SSE   DIVISION
☑ NEW COURSE
☐ REVISION

Lake Land College
Course Information Form

COURSE NUMBER:	ECE-102	TITLE: (30 Characters Max)		Health, Safety, Nutrition For the Young Child		

SEM CR HRS:	3	Lecture:	3		Lab:	0			ECH:	3

Course Level:	☐ Gen Ed / IAI ☑ Baccalaureate /Non-IAI	☐ Career/Technical ☐ Dev Ed/ Not in Degree Audit	Clinical Practicum:	0	SOE/ Internship:	0	SOE ECH:	0

COURSE PCS #	12 19.0709	IAI Code				Contact Hours (Minutes Per Week)		
Repeatable (Y/N):	N	Pass/Fail (Y/N): N	Variable Credit (Y/N):	Min:	Max:	16 Wks	150	8 wks	300

Prerequisites:	None

Catalog Description: (40 Word Limit)	This course focuses on the health, safety, and nutritional needs of children in group settings as well as the personal health of the individual. Emphasis is placed on preventive health through education and the development of healthy habits.

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Overview of Health, Safety, and Nutrition	6			
Health and Safety of Young Children	15			
Nutrients and Guidelines for a Healthy, Nutritional Lifestyle	9			
Feeding Young Children (DCFS)	9			
Nutrition Education	6			
TOTAL	45	0	0	0

EVALUATION

QUIZZES ☑	EXAMS ☑	ORAL PRES ☑	PAPERS ☐
LAB WORK ☐	PROJECTS ☑	COMP FINAL ☑	OTHER ☐

COURSE MATERIALS

TITLE:	Health, Safety and Nutrition for the Young Child	
AUTHOR:	Marotz, Cross, Rush	
PUBLISHER:	Delmar Learning	
VOLUME/EDITION/URL:	9th	
COPYRIGHT DATE:	2013	

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		The student will be able to:
Objective I - Overview of Health, Safety, and Nutrition	6	Discuss the concepts of total health and preventive health. List environmental factors that affect one's total health. Develop a personal preventive health plan.
		Discuss the role of early childhood programs in providing for the total health of young children. Compile a resource directory of organizations, agencies, and programs that deal with the health, safety, and nutrition of children.
Objective II - Health and Safety of Young Children	15	Describe procedures used to appraise, screen and assess children's health status. Identify chronic health conditions which can affect children's development. Describe signs and symptoms of acute and communicable illnesses of young children and discuss control measures. State DCFS regulations related to providing a healthy environment and promoting healthy habits and well being in young children. Discuss guidelines for safeproofing young children's environment -- indoors and outdoors. Describe basic first aid and emergency procedures. State DCFS regulations related to providing a safe

		environment and promoting safety habits in young children. Develop a health and safety resource file
Objective III - Nutrients and Guidelines for a Healthy Nutritional Lifestyle	9	Identify the primary functions and sources of nutrients essential for healthy growth and development
		Discuss the Recommended Dietary Guidelines for Americans. For the Food Pyramid Guide: 1. name the food groups 2. identify the number of servings needed daily and serving sizes 3. list nutrient strengths for the groups 4. identify nutrient dense foods for each group
Objective IV - Feeding Young Children (DCFS Requirements)	9	Identify nutritional needs of infants, toddlers, preschoolers, and primary age children. Discuss safe, appropriate eating/feeding practices as well as common concerns, problems, and cautions. Plan a weekly snack and lunch menu for preschoolers (meets DCFS guidelines.)
Objective V - Nutrition Education	6	Discuss guidelines for planning and conducting developmentally appropriate nutrition experiences with young children. Develop a nutrition resource file.
	45	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	• Plan a menu for pre-school age children with all menu requirements in place.
	• Demonstrate knowledge of the food guide pyramid and levels.
	• Know the immunization schedule of school age children.

Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.