

# ECED& 107 : Health, Nutrition, and Safety

**Credits** 5

**Quarter Offered** Fall

Introduces basic concepts of equitable health, safety, and nutrition standards for the growing child in group care and education programs. Requirements as outlined in Chare Care Block Grant funding (CCDF) and state licensing standards for child care providers will be covered including the knowledge and skills to ensure appropriate health, nutritional, and safety practices. In addition, the course will emphasize the skills necessary to recognize signs of child maltreatment, the educator's role as a mandated reporter and the process of identifying and referring families to available community resources. This class may include students from multiple sections. STARS approved.

**Course Outcomes**

Describe federal and state mandated health, safety, and nutrition practices.

Identify indicators of illnesses/ infectious diseases and steps to prevent the spread of them.

Outline safety procedures for providing emergency care and daily care.

Evaluate program safety policies.

Describe food programs and practices that support the development of children.

Create examples of developmentally appropriate and culturally responsive health, safety, and nutrition education materials and activities.

Describe the responsibilities of mandated reporters.

Develop strategies for working with culturally, linguistically, and ability diverse families in accessing health, nutritional, and dental services.