

## Course Syllabus      Child Health Safety & Nutrition

**Instructor:** Jen Westmark  
**Phone number:** (563) 552-5153

**E-Mail:** [JWestmark@dbqschools.org](mailto:JWestmark@dbqschools.org)  
**Cell:** (563) 542-0796

### Course Description:

This course emphasizes the nutritional requirements and needs of young children, the interrelationship and importance of health, safety, and nutrition in early childhood programs and how children can be actively involved in their own nutrition, safety, and health education.

**\*COMMENT\* This Course is credited towards a degree in early childhood education at NICC and their affiliated schools. This is a concurrent enrollment course in which the student will receive 3 college credits in addition to high school credit.**

### Iowa Standards:

- 4.1 Analyze career paths within early childhood, education, and services.
- 4.2 Analyze developmentally appropriate practices to plan for early childhood, education, and services.
- 4.3 Demonstrate integration of curriculum and instruction to meet children's developmental needs and interests.
- 4.4 Demonstrate a safe and healthy learning environment for children.
- 4.5 Demonstrate techniques for positive collaborative relationships with children.
- 4.6 Demonstrate professional practices and standards related to working with children.

### Objectives:

- To identify the general principles of safety that must be observed in planning the young child's environment and activities.
- To better understand the caregiver's role and responsibilities as they relate to chronic illnesses, communicable diseases and management of accidental injuries.
- To learn nutrient composition of foods and numerous purposes of the nutrients so as to have an understanding of how to plan snacks and meals which meet nutritional requirements for young children.
- To recognize ways nutrition education activities contribute to child development.

### Assessments:

Student progress and knowledge will be assessed through various combinations of the following: group participation, daily work, quizzes, exams, presentations, projects, reports, model lessons, role playing, and field research and reflections. Assessment is determined on a point system converting to a percentage grade and the difficulty of the assignment determines the point value.

### Instructional Strategies:

The following represent a variety of instructional strategies that maybe/will be used but are not limited to only these: textbook, supplemental handouts, lectures, guest speakers, discussion groups, group projects, individual projects, research papers/projects, multimedia, computers and hands-on experiences.

### Grading Scale:

This course receives concurrent credit for high school and college, however, both educational institutions may not share the same grading scale. The following shows that difference. The instruction reserves the right to require a student to revise any assignment that does not demonstrate college level ability.

### NICC Grading Scale

Grading Scale			
A	94-100	C	74-76
A-	90-93	C-	70-73
B+	87-89	D+	67-69
B	84-86	D	64-66
B-	80-83	D-	60-63
C+	77-79	F	59 and below

### High School Grading Scale

Grading Scale			
A	93-100	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
C+	77-79	F	60 and below

**\*\*Student MUST obtain a MINIMUM grade of 70%  
in order to receive College Credit\*\***

**\*60% to 69% will still be passing for credit towards graduation requirements at  
Hempstead High School but will NOT be excepted for college credit\*\***

### Content:

#### **Unit 1--Promoting Children's Health: Healthy Lifestyles and Health Concerns**

- C-1 Children's Well-Being: What is it and How to Achieve it.
- C-2 Daily Health Observations
- C-3 Assessing Children's Health
- C-4 Common Chronic Medical Conditions Affecting Children's Health
- C-5 The Infectious Process and Environmental Control

#### **Unit 2--Keeping Children Safe**

- C-7 Creating High Quality Environments
- C-8 Safety Management
- C-9 Management of Injuries and Acute Illness
- C-10 Maltreatment of Children: Abuse and Neglect
- C-11 Planning for Children's Health and Safety Education

#### **Unit 3--Foods and Nutrients: Basic Concepts**

- C-12 Nutritional Guidelines
- C-13 Nutrients that Provide Energy (Carbohydrates, Fats, and Proteins)
- C-14 Nutrients that Promote Growth of Body Tissues (Proteins, Minerals, and Water)
- C-15 Nutrients that Regulate Body Functions (Vitamins, Minerals, Protein, and water)

#### **Unit 4--Nutrition and the Young Child**

- C-18 Planning and Serving Nutritious and Economical Meals
- C-19 Food Safety
- C-20 Nutrition Education Concepts and Activities

### Resources:

**Textbook:** Child Health Safety and Nutrition for the Young Child, Thompson, 7<sup>th</sup> ed.

The Mailbox Idea Magazine for Teachers, The Education Center, LLC.

Additional Resource Materials as needed.

### **Expectations—Academic & Behavior:**

***(Note: This class is bound by NICC behavior & academic standards and the instructor will work within those parameters)***

**Daily attendance is vital to success in this class.** Students must confer with the instructor outside of class time to obtain missed information. Long-term assignments will not be given additional time due an absence, however, short-term assignments may or may not be extended. Students who miss one day have one day to make up missed work. Students who miss two days have two days to make up missed work. Students who absent three or more days should see me to discuss due dates for missing assignments.

**Plagiarism:** Cheating or Plagiarism will result in either no credit for the assignment or a required revision (revision will not be able to receive more than a “C”). Plagiarism is unethical and wastes a valuable opportunity to learn along with being with being illegal. Please follow a code of professional conduct to be an honest teacher with integrity.

**Due Dates:** Assignments, presentations, and projects are expected to be turned in ON TIME. Inability to complete these on time will result in loss of partial points or all points.

**Make-up Tests:** It is the student’s responsibility to schedule an equally conducive date between instructor and student to make-up any test missed within the timeframe required by the instructor.

**Behavior:** Please refer to student hand book for school rules and conduct. In addition, students will be required to conduct themselves at college level behavior since they are learning to be teachers (i.e.: respect for everyone, positive outlooks, positive comments, no drama, politeness, manners, concentrated care and concern for others before self, professionalism)