

Course: Child Health, Safety, and Nutrition Syllabus

(3 Semester College Credits)

Instructor: Ms. Blythe Barber

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Senior High School

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.

Course 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.

Assessment:

Student assessment (grades) will be determined by Class participation, group work, individual projects/presentations, assignments, Quizzes, Tests, and additional demonstration techniques of content material. Assessment is determined on a point system converting to a percentage grade and the difficulty of the assignment determines the point value.

****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 Senior High School but will NOT be excepted for college credit*

<u>Senior High School Credit Grading Scale</u>				
100 - 93 A	89 - 87 B+	79 - 77 C+	69 - 67 D+	Below 60%
92 - 90 A-	86 - 83 B	76 - 73 C	66 - 63 D	is
	82 - 80 B-	72 - 70 C-	62 - 60 D-	Failing

Schedule of Topics

We will try to cover a chapter a week but will not be limited to it.

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

There will be a test with each unit or with each chapter, and a possible review quiz with each chapter. Tests may be broken down to cover smaller number of chapters, but then an increase in the amount of tests given throughout the unit will exist.

Assignment and Assessment Record

Discussion Boards	(10 x 10)
Reading quizzes	(20 x 10)
Health Activity	20
Health Think Tac Toe Projects	40
Health Exam	50
Safety Activity	20
Safety Think Tac Toe Projects	40
Safety Exam	50
Nutrition Activity	20
Nutrition Think Tac Toe Projects	40
Foods and Nutrition Exam	50
Menu Activity	20
Semester Project	50
Final Exam	100

Observations of children at various ages at home or friends homes may be part of the participation grade