

California Community Colleges ECE Curriculum Alignment Project (CAP)

Official Course Alignment Document: Health Safety and Nutrition (Revised Sept 2015)

Course Description:
Laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in early childhood settings. Includes prevention strategies, nutrition, and meal planning for various ages and planning educational experiences integrated into daily routines designed to teach children positive health, safety, and nutrition habits.
Student Learning Outcomes (SLOs):
1. Describe strategies used to promote health, safety, and nutrition of children and adults in early childhood settings.
2. Evaluate environments for both positive and negative impacts on children's health and safety.
3. Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.
CAP Objectives:
1. Define the broad concepts of health, safety, and nutrition.
2. Identify laws and regulations supporting health, safety, and nutrition in early childhood settings.
3. Identify health and safety risks in early childhood settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Plan economical and nutritious meals and snacks based on the age and individual needs of children.
6. Plan learning experiences on the topics of health, safety, and nutrition.
CAP Course Content and Topics:
1. Interrelationships between health, safety, and nutrition <ol style="list-style-type: none">Defining physical and mental healthDefining safetyDefining nutrition
2. Laws, codes, regulations, and policies <ol style="list-style-type: none">Fire and health codesTitle 22Title 5Emergency Medical Services AuthorityMunicipal requirementsFood programsChild abuse and neglect<ol style="list-style-type: none">Mandated reportingPrevention strategiesCommunity resources
3. Safety management <ol style="list-style-type: none">Safe environmentsPrevention and careEmergency preparedness response and recoveryCar seats
4. Health management <ol style="list-style-type: none">Universal precautionsFood safetyCommunicable diseases

CAP Health, Safety and Nutrition (cont'd)

- d. Infectious process
- e. Illness and exclusion policies
- f. Sleeping and napping
- g. Diapering and toileting
- h. Daily health check
- i. Health assessment tools
- j. Staff safety and well being
 - i. Risk management
 - ii. Employee policies
 - 1. Physical health
 - 2. Mental health

5. Common health issues such as pink eye, lice, runny nose

6. Chronic and acute illnesses such as allergies, mental health, obesity

7. Teacher as role model of best health, safety, and nutrition practices

8. Collaboration between teachers and families to promote health and safety

- a. Communication
 - i. Families
 - ii. Other health professionals
- b. Community resources

9. Meals and snacks

- a. Nutrition guidelines
- b. Diet analysis
- c. Mealtime policies
- d. Menu planning
- e. Budgeting
- f. Culture, traditions, and family choices
- g. Sanitary food handling

10. Planning learning experiences in health, safety, and nutrition

- a. Developmentally sound practices
- b. Cultural, linguistic, and developmental differences of families, teachers, and children
- c. Integrated into daily routines
- d. Physical fitness

11. Adjusting for

- a. Various ages
 - i. Infants and toddlers
 - ii. Preschool
 - iii. School age
- b. Children with special needs
- c. Medical needs
- d. Interventions