

DEPARTMENT of Education

COURSE OUTLINE – Spring 2023

CD1020 Health, Nutrition and Safety - 2(3-0-0) 30 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Shelly Kelly

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OFFICE: Online

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OFFICE HOURS: Anytime by
appointment

CALENDAR DESCRIPTION:

This course provides the knowledge, skills and attitudes required to provide for the basic health, safety and nutritional needs of young children. Requirements for healthy and safe early childhood environments will be identified. The nutritional needs of young children will be established, and appropriate menu planning strategies explored. Developmentally appropriate practices and experiences for establishing healthful attitudes in young children are also included.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Course notes and readings in Brightspace

Pimento, B. and Kernsted.D. (2019). Healthy Foundations in Early Childhood Settings, 6th Ed. Nelson

DELIVERY MODE(S): Online

COURSE OBJECTIVES:

1. Identify the safety- related licensing requirements for childcare centres and nursery schools in Alberta.
2. Evaluate indoor and outdoor play spaces and equipment to ensure children's safety.
3. Apply injury prevention principles in a variety of settings.
4. Identify conditions which may affect children's health including genetic factors, environmental factors, chronic illnesses, and allergies.
5. Identify licensing requirements related to health issues in programs for young children.
6. Assess children's health using appropriate health records, screening procedures and community resources.
7. Identify signs and symptoms of communicable diseases.
8. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
9. Formulate health policies for early childhood programs.
10. Demonstrate a variety of methods which will assist children in developing good health practices.
11. Demonstrate an understanding of Canada's Food Guide.
12. Plan meals and snacks which meet the nutritional requirements of young children, and which also reflect cultural and ethnic diversity.
13. Describe diet related health problems and plan meals and snacks for children on restricted diets.
14. Describe strategies caregivers can use to promote healthy eating habits.
15. Describe the correct procedures for storing, handling, preparing, and serving food.
16. Select, plan and implement developmentally appropriate nutrition experiences for young children.

LEARNING OUTCOMES:

1. Assess general safety issues in the indoor and outdoor early childhood setting.
2. Explain practices that provide safe environments and prevent injury in early learning and childcare programs.
3. Implement policies and practices to ensure children's well-being.
4. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
5. Describe appropriate practices to promote nutritional and dental health.
6. Plan and implement developmentally appropriate health, safety and nutrition experiences for children to promote wellness.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

All submitted work is graded according to the rubric found in Brightspace.

Discussion Questions	= 15% of your final grade
Learning Activities	= 40% of your final grade
Assignments	= 45% of your final grade

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Evaluation	Due Date
Unit 1 Discussion	May 12
Learning Activities	May 19
Assignment	June 2
Unit 2 Discussion	June 9
Learning Activities	June 16
Assignment	June 30
Unit 3 Discussion	July 7
Learning Activities	July 14
Assignment	July 28

STUDENT RESPONSIBILITIES:

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

**Note: all Academic and Administrative policies are available on the same page.