

**LOS ANGELES MISSION COLLEGE**  
**SEMESTER: FALL 2019**  
**Academic Discipline: Child & FAMILY STUDIES**  
**Subject: Health, Safety & Nutrition**

**COURSE INFORMATION**

**Course Name: Health, Safety & Nutrition (CH DEV 10)**

**Begin Date: August 26<sup>th</sup> 2019      End Date: December 15<sup>th</sup> 2019**

**Class Number: 17554**

This is an ONLINE class. No campus visits required. Login: <https://ilearn.laccd.edu/login/canvas>

**Instructor Information:**

**Name:** Malati Singh

**Electronic Office Hour:** Tuesday 12.15 pm – 1:00 pm; Wednesday 5:30 – 6:pm; By Appointment

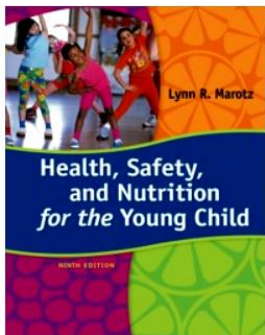
**Office Telephone:** 364-7600 Ext. 4361

**Email-address:** [Singhm@laccd.edu](mailto:Singhm@laccd.edu)

**COURSE MATERIALS**

**Text:** Marotz, Lynn R. (2015). Health, Safety, and Nutrition for the Young Child, 9th Edition. Cengage

**ISBN-13:** 9781285427331    **ISBN-10:** 1285427335



**COURSE DESCRIPTION:**

Study the laws, regulations, standards, policies, procedures, and early childhood curriculum related to child health, safety, and nutrition. Key components that ensure physical health, mental health and safety for children and staff are identified along with importance of collaboration with families and health professionals. The interrelationship of health, safety, and nutrition and the impact on children's growth and development are key areas of focus.

**Note:** CD 10 is required for all Child Development Certificates and transfer.

## COURSE OBJECTIVES:

1. Examine environmental health and safety risks for children in programs
2. Differentiate the characteristics of abuse and demonstrate knowledge of mandated child abuse reporting procedures.
3. Compare and distinguish common health and safety issues in early childhood settings.
4. Differentiate the nutritional and physical fitness needs for various ages of children. Design physical fitness activities based on individual, cultural and special needs.
5. Analyze the nutritional needs of children t various ages and plan economical and nutritional meals and snacks based on the individual needs of children.
6. Compare and contrast various health assessment tools and policies.
7. Identify symptoms of common communicable diseases and other health conditions that affect young children.
8. Examine current health issues related to children and families.
9. Relate the value of collaboration with families and health professionals.
10. Evaluate laws and regulations (e.g., Title 22, Title 5, Fire Code) supporting health safety and nutrition in children's programs.
11. Design effective strategies for evaluating health and safety policies.
12. Recognize a caregiver's role and responsibility to model good health, safety and nutrition habits.
13. Create activities that include developmentally, culturally and linguistically appropriate practice.  
Create curriculum to promote family and children's understandings of physical and mental health, physical fitness, safety and nutrition.

## STUDENT LEARNING OUTCOMES: SLOs

SLO #	Student Learning Outcome	College GE ILO	Assessment Method	Rubric
1.	Students will analyze biological and environmental factors affecting children's healthy growth and development.	Information Competency Global awareness Written communication	Present a written report based on research to explain the connection between biology, environment and health and development.	Rubric used to assess information, presentation, and clarity.
2.	Students will demonstrate knowledge of first aid procedures and cardiopulmonary resuscitation.	Problem Solving	Demonstration of techniques to use with minor injuries.	Rubric used to assess practical application and use of first aid materials will be assessed including accuracy of response, appropriate materials, and follow up procedures.
3.	Students will categorize common childhood illnesses and examine protocols for recommended care in the instructional environment.	Information Competency	Exam question will assess student's ability to connect common childhood illnesses with appropriate protocols in a classroom setting.	

## **COURSE REQUIREMENTS:**

**To complete CD 10 course you are required to do the following:**

1. Quizzes (12)
2. Discussions (12}
3. Research Paper
4. Nutrition – Meal Plan
5. Site safety check list
6. First Aid Kit
7. Pediatric CPR Certificate\*
8. Exam on childhood illnesses & disease
9. Create activities for families and children.
10. Reflections (2)
11. Surveys

## **GRADING INFORMATION:**

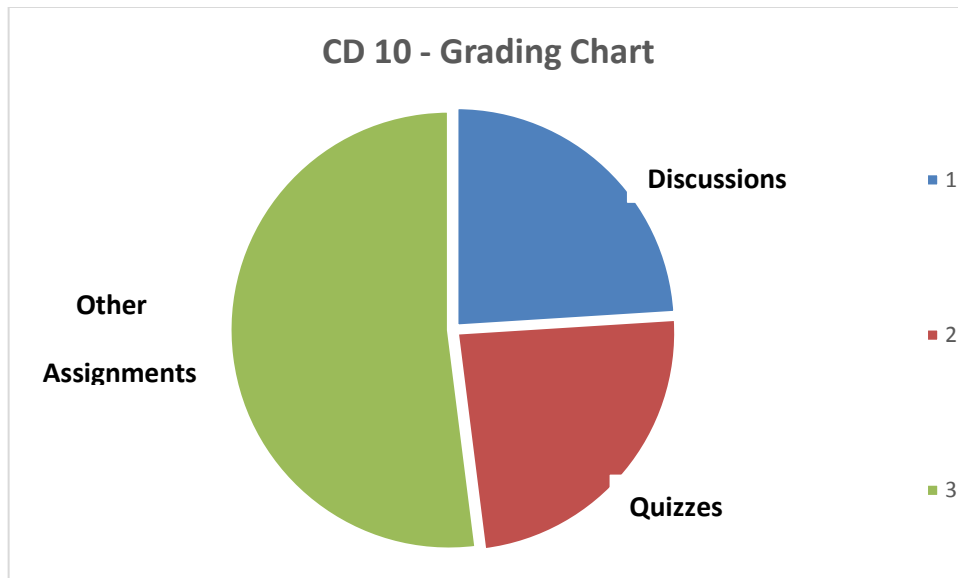
**Total points to complete the course = 500 points**

#	Assignment	Points	Course Points	Description
1	Quizzes (12)	10 points each	120	Based on weekly topics & concepts
2	Discussions (12)	10 points each	120	Based on Course Objectives
3	Research paper	40 points	40	Research an illness and write a paper
4	Nutrition - Meal Plan	25 points	25	Create a menu for a day in an early childhood program
5	Site health & safety check list	25 points	25	Visit a licensed facility that provides programs for groups of children
6	First Aid Kit	25 points	25	Collect emergency & first aid related materials
7	CPR Certificate	25 points	25	Obtain a Pediatric CPR Certificate
8	Midterm Exam	25 points	25	Childhood illness and disease
9	Term Project; Create activities for families and children	50	50	Create an educational brochure or a video for families with children
10	Reflections (2)	10 + 20 points	30	Your take-away from this course
11	Surveys (3)	5 points each	15	

## **FINAL GRADES:**

**A = 450 – 500; B = 400 – 449; C = 350 – 399; D = 300 – 349 F = Less than 300.**

**\*Please Note: You are required to obtain a Pediatric CPR certificate from a Red Cross certified agency at your own cost.**



1. Discussions

2. Quizzes

3. Other Assignments

**All course requirements are mandatory. No substitutions will be accepted.**

**INCOMPLETE COURSE WORK: All assignments and exam must be completed for a passing grade in the course. No “INCOMPLETE” grade will be given.**

**TEACHING PHILOSOPHY: I practice student centered, collaborative teaching and learning.**

**CLASSROOM BEHAVIOR:**

*Disobedient, disruptive or disorderly behavior exhibited may result in disciplinary action in accordance with District policies and procedures (See Board Rule 91101)*

**DISTRICT ACADEMIC DISHONESTY POLICY: (See LACCD Board Rule 9803 on Student Conduct.)**

*Students are required to be honest and complete their own work at all times. Violations of academic integrity such as, plagiarism, cheating on an exam, submitting the same term paper to more than one instructor, allowing another individual to do one’s work for the purpose of enhancing one’s grade will be subjected to disciplinary actions according to the District Academic Dishonesty Policy.*

**SPECIAL SERVICES:**

*Students with disabilities, whether physical, learning, or psychological, who believe that they may need accommodations in this class, are encouraged to contact the Office of Special Services or DSPS as soon as possible to ensure that such accommodations are implemented in a timely fashion. Authorization, based on verification of disability, is required before any accommodation can be made.*

## **COURSE POLICIES:**

1. To complete the course, all assignments are mandatory. No substitutions will be accepted.
2. All assignments are due as stated in the course calendar
3. No assignment will be accepted after the last day of class
4. All assignments must be submitted in proper format on canvas
5. Assignments will not be accepted as e-mail attachment. No exception will be made
6. Excessive missed assignments will lower your grade
7. A doctor's certificate will be required for assignments missed due to medical reasons

## **E-Mail POLICY:**

- Please use Canvas mail for questions and concerns related to the course content.
- Any questions related to the course topics, assignments, exams, etc. must be posted in Question and Answer Forum in *Discussion* feature of **CANVAS**. Fellow students are encouraged to respond to those questions.
- For personal-confidential issues only use [Singhm@laccd.edu](mailto:Singhm@laccd.edu)

## **• Online Communication Skills:**

Watch Video – Click on link below:

<https://apps.3cm mediasolutions.org/oei/05-Communication-Skills-for-Online-Learning/index.html>

**In my class, you are required to communicate with the instructor and fellow classmates in a respectful manner. You are required to be courteous to one another while interacting with fellow classmates, posting your viewpoints in discussions, and in your e-mails. Please refrain from making rude and insulting remarks in your postings. Do not use vulgar language or post any vulgar images in your discussions or assignments.**

## **Rules to follow online:**

- **Identify yourself**
- **Include a subject line.** Give the topic of the message (not just "Hi, there!").
- **Avoid sarcasm.**
- **Respect others' privacy.**
- **Copy with caution. Avoid plagiarism.**
- **Use appropriate language:**
  - Avoid coarse, rough, or rude language.
  - Observe good grammar and use complete spelling of words
  - Avoid abbreviations such as, "U" for "you" or "R" for "are" or C for "see," etc.

## **Your Responsibilities:**

Your commitment, your active participation and completing the required assignments in a timely manner are essential for your successful completion of this course. To successfully complete this CD10 course (3units, 16 weeks), you are expected to spend about 8 - 10 hours per week to complete the reading & writing assignments, participate in class discussions, take quizzes and exams, and do surveys.

**Please note:** The Child Development Department provides tutoring services at Child Development Student Resource Center. Contact: [CDSRC@lamission.edu](mailto:CDSRC@lamission.edu)

## **✓ Useful Links from LA Mission College Portal:**

<http://www.lamission.edu/students/>

[http://www.lamission.edu/Child-and-Family-Studies-\(1\)/Child-Development.aspx](http://www.lamission.edu/Child-and-Family-Studies-(1)/Child-Development.aspx)

<http://www.lamission.edu/Library/Library-Resources.aspx>

<https://www.lamission.edu/counseling/online-counseling.aspx>

<http://www.lamission.edu/Financialaid/Home.aspx>

## **Resources for the Course**

- National Institute of Health

<https://www.nih.gov/>

- Center for Disease Control

<https://www.cdc.gov/>

- NAEYC – National Association for Education of Young Children.

<https://www.naeyc.org/>

- American Academy of Pediatrics

<https://www.aap.org/en-us/Pages/Default.aspx>

- Choose My Plate

<https://www.choosemyplate.gov/>

Week	Begin	End	Topics & Assignments	Readings	Due
1	8-26-19	8-31-19	Meet and Greet; CD10 Syllabus	Syllabus	<b>Discussion 1</b> <b>Quiz 1</b>
2	9-02-19	9-07-19	Introduction to Health, Safety, and Nutrition.	Chapter 1	<b>Discussion 2</b> <b>Quiz 2</b>
3	9-09-19	9-14-19	Environmental, health, and safety risks for young children. <b>Guidelines for First aid; CPR</b> <b>Site Safety check list</b>	Chapters 7, 8, 9	<b>Discussion 3</b> <b>Quiz 3</b> <b>Survey 1</b>
4	9-16-19	9-21-19	Nutrition guidelines. Nutrients and foods. <b>Guidelines for Daily Meal</b> <b>Plan</b>	Chapters 12, 13, 14	<b>Discussion 4</b> <b>Quiz 4</b>
5	9-23-19	9-28-19	Nutritional and physical fitness needs for various ages of children	Chapters 15, 16	<b>Discussion 5</b> <b>Quiz 5</b>
6	9-30-19	10-05-19	Nutritional and economic meals and snacks for children	Chapters 17,18	<b>Meal Plan Due</b> <b>Discussion 6</b> <b>Quiz 6</b>
7	10-07-19	10-12-19	Health assessment tools and policies;	Chapters 2, 3	<b>Discussion 7</b> <b>Quiz 7</b>
8	10-14-19	10-19-19	Current health issues related to children and families. Children with special needs.	Chapters 4	<b>Discussion 8</b> <b>Quiz 8</b>
			<b>Research Paper Guidelines</b>		
9	10-21-19	10-26-19	Common communicable diseases and other health conditions that affect young children.	Chapters 5, 6	<b>Site Safety</b> <b>check list Due</b> <b>Discussion 9</b> <b>Quiz 9</b>
10	10-28-19	11-02-19	<b>Midterm Exam</b> <b>Reflection 1</b>		<b>Survey 2</b>
11	11-04-19	11-09-19	Characteristics of child abuse, mandated child abuse reporting procedures	Chapter 10	<b>Research Paper</b> <b>Due</b> <b>Discussion 10</b> <b>Quiz 10</b>

			Laws and regulations related to health, safety and nutrition in children's programs		
12	11-11-19	11-16-19	Collaboration with families and health professionals.	Chapter 11	<b>Discussion 11 Quiz 11</b>
13	11-18-19	11-23-19	Caregiver's role and responsibility to model good health, safety, and nutrition in children's programs	Chapter 19	<b>Discussion 12 Quiz 12</b>
14	11-25-19	11-30-19	Developmentally, culturally and linguistically appropriate practice to promote family and children's understanding of physical, mental health, physical fitness, safety, and nutrition	Chapters 11, 19	<b>First aid kit CPR certificate Due</b>
15	12-02-19	12-07-19	Health, Safety & Nutrition – Review of course concepts		<b>Term Project Due</b>
16	12-09-19	12-14-19	Reflection (2) <b>Winding Up!</b>		<b>Reflection 2 Survey 3</b>

**Please Note:** This course schedule is tentative. If necessary, this schedule may be modified.

**Weekly Activities Pattern:** To maintain regularity the following schedule is followed:

<u>Day</u>	<u>Weekly Activity</u>	<u>Due</u>	<u>Following Week: Grading</u>
Monday	Module is released; Content presented		
Tuesday			
Wednesday			
Thursday		<b>Discussion Posting</b>	
Friday		<b>Quiz</b>	<b>Quiz grade released</b>
Saturday		<b>Discussion response</b>	<b>Discussion grade released</b>
Sunday			



**Class Format: Each week's content & activity page will contain the following elements:**

- **Overview:** A brief overview of the week's topic
- **Learning Objectives:** Learning objectives related to the topic

✓ **Readings:**

- **Textbook: Chapter; Section(s) – Pages;**

✓ **Activities:**

- ✓ **Resources:** Provides links to Online Files and Videos

**Grading and Evaluation:**

✓ **Assignments & Rubrics:**

Guidelines for assignments are provided in Canvas. Assignments and Discussions are evaluated and graded based on a rubric of components of expectations.

**Feedback:**

- Instructor will provide feedback to each individual student for Discussions and Assignments
- Based on students' performance, a general feedback is provided on weekly discussions along with instructor's viewpoint on the discussion topic.

**Reminders:**

1. All assignments must be submitted in proper format in canvas.
2. Course related questions must be asked in canvas.
5. Assignments will not be accepted via e-mail or as e-mail attachments.
6. All assignments must be completed by their due dates.
7. All assignments are mandatory.
8. Excessive missed assignments will lower your grade.
9. No assignment will be accepted after the last day of class.
10. You should always be respectful in your interactions with the instructor and fellow students.

## **CD10 – Health, Safety and Nutrition**

### **An Overview**

CD10 – Health, Safety and Nutrition is about promoting children’s wellbeing in early childhood programs. It is a responsibility of early childhood educators and caregivers to promote young children’s wellbeing by creating safe and developmentally appropriate environments of high quality for children. Of course, it is primarily a responsibility of parents to keep their children healthy and well nourished. Nevertheless, in early childhood programs, teachers and caregivers play a significant role in young children’s physical, emotional, cognitive and social development. Hence, it is essential for early childhood teachers and caregivers to collaborate with children’s parents and families and concerned health professionals in promoting children’s overall wellbeing.

As defined by World Health Organization (WHO), health is a "State of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity." Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an inner equilibrium called homeostasis.

CD10 focuses on the interrelationship of health, safety and nutrition and the impact on children’s growth and development. It also includes the study of laws, regulations standards, policies, procedures, and early childhood curriculum related to child health, safety and nutrition.

In this course, we make real life connections of health, safety and nutrition in early childhood programs. We will examine the environmental health and safety risks for children and other health and safety issues in early childhood programs and settings. We will also analyze the nutritional and physical fitness needs for various ages and abilities of children. We will plan economical and nutritional meals and snacks based on the individual needs of children. We will analyze the biological and environmental factors affecting children’s healthy growth and development. We will also examine current health issues related to children and families. We will study about common childhood illnesses and examine protocols for recommended care in early childhood instructional environments. You will create developmentally, culturally and linguistically appropriate activities to promote family and children’s understandings of physical and mental health, physical fitness, safety and nutrition. Early childhood professionals are required to be knowledgeable about the laws and regulations supporting health, safety and nutrition in children’s programs. We will also study about first aid procedures and cardiopulmonary resuscitation (CPR).

CPR instruction will not be provided in class. You are required to obtain a pediatric CPR Certificate from a Red Cross certified agency at your own cost as a part of this course.

## Important Dates: Fall 2019

August 25, 2019

Fall Residency Determination Date

August 26, 2019

First day Fall 2019

September 02, 2019

Holiday Labor Day COLLEGE CLOSED

September 08, 2019

Last day to add with an add permission

September 08, 2019

Last day to drop class with a refund with out incurring fees

September 08, 2019

Last day to drop classes without receiving "W" (drop online only)

September 22, 2019

Last day to Pass/No-Pass & Section Transfer

November 01, 2019

Graduation Petition Fall 2019 Deadline

November 11, 2019

Holiday Veteran's Day COLLEGE CLOSED

November 17, 2019

Last day to drop classes with a "W" (Drop online only) A letter grade is required after this date forward

November 28, 2019 - November 29, 2019

Holiday Thanksgiving COLLEGE CLOSED

November 30, 2019 - December 01, 2019

Non-Instructional Days

**Finals Week: 12-9-19 to 12-14-15**

### Note:

**If you stop participating or attending a class (or wish to drop a class) YOU MUST DROP THE CLASS YOURSELF Failure to do so may result in a grade of "F" in that class.**

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**Please Note: All assignments must be completed in a timely manner according to the due dates stated in the Course Calendar. No INCOMPLETE GRADE will be given.**