

**Kaskaskia College Course Syllabus
CHCA 206**

I. COURSE LOCATION

X **ON CAMPUS** CCC

II. COURSE IDENTIFICATION

PREFIX: **CHCA** NUMBER: **206** NAME: **Health, Safety, and Nutrition for Young Child**

3	LECTURE HOURS	CHCA 0550	CURRICULUM & NO.
0	LABORATORY HOURS	1.2/200202	PCS-CIPS NUMBER
3	CREDIT HOURS	N	VARIABLE (Y/N)
0	CLINICAL HOURS	N	REPEATABLE (Y/N)
0	SOE HOURS	0	TIMES

III. DIVISION TO WHICH COURSE IS ASSIGNED

BACCALAUREATE/TRANSFER
X **CAREER EDUCATION**
CONTINUING COMMUNITY EDUCATION
ABE/ASE
HEALTH OCCUPATIONS
OTHER

IV. CATALOG DESCRIPTION OF COURSE

Comprehensive overview of ways that ensure children's physical and mental well being. Basic and changing health, safety and nutritional needs of children are examined as well as appropriate methods by which these needs can be best met in group/home care settings.

V. PREREQUISITES FOR THE COURSE

CHCA 111

VI. METHODS OF INSTRUCTION

X	DISCUSSION-LECTURE	SEMINAR
	LABORATORY	TELE-LECTURE (FILM-TV)
	CORRESPONDENCE	LABORATORY-DISCUSSION
	TELEVISION (TELECOURSE)	LECTURE
	RADIO	LECTURE-LABORATORY
	INDEPENDENT STUDY	OTHER (IDENTIFY):
	CO-OP	

VII. OBJECTIVES OF THE COURSE (USE ADDITIONAL PAGES AS NECESSARY)

- A. Demonstrate strategies to assist young children in developing good habits and attitudes and assuming responsibility for their own well being.
- B. Describe screening procedures that can be used to assess a child's health status.
- C. Identify the caregiver's role in dealing with chronic health problems.
- D. Describe ways of making a child's environment safe.
- E. Develop appropriate activities for teaching health, safety and nutrition concepts.
- F. Determine the relative nutrient contribution of foods and plan appropriate snack and meal combinations for young children.

VIII. A. REQUIRED TEXTBOOK(S)

TITLE: Health, Safety, and Nutrition for the Young Child

AUTHOR(S): Marotz, Rush, and Cross

COPYRIGHT DATE: 1997 EDITION: 4th.

PUBLISHING COMPANY: Delmar

B. REQUIRED WORKBOOK(S)

TITLE:

AUTHOR(S):

COPYRIGHT DATE: EDITION:

PUBLISHING COMPANY:

IX. SUPPLEMENTARY INSTRUCTIONAL MATERIALS

IDENTIFY GENERAL SOURCES:

IF EXTENSIVE COLLATERAL READINGS ARE REQUIRED FROM SPECIFIC BOOKS, PROVIDE INFORMATION.

X. METHODS OF EVALUATION OF STUDENTS ENROLLED IN THE COURSE

Written tests, projects, resource file of developmentally appropriate activities.

XI. COURSE OUTLINE

- A. Interrelationship of Health, Safety, and Nutrition
- B. Health of the Young Child: Maximizing the Child's Potential
 - 1. Promoting Good Health
 - 2. Health Appraisals
 - 3. Health Assessment Tools
 - 4. Conditions Affecting Children's Health
 - 5. The Infectious Process and Effective Control
 - 6. Communicable and Acute Illness: Identification and Management
- C. Safety for the Young Child

1. Creating a Safe Environment
 2. Safety Management
 3. Management of Accidents and Injuries
 4. Child Abuse and Neglect
 5. Educational Experiences for Young Children
- D. Foods and Nutrients: Basic Concepts
1. Nutritional Guidelines
 2. Nutrients that Provide Energy
 3. Nutrients that Promote Growth of Body Tissues
 4. Nutrients that Regulate Body Functions
- E. Nutrition and the Young Child
1. Infant Feeding
 2. Feeding the Toddler and Preschool Child
 3. Planning and Serving Nutritious Meals
 4. Food Safety and Economy
 5. Nutrition Education Concepts and Activities

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REVIEW/REVISION DATE: 2004

REVIEWED BY: