

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: ED145 Safety, Nutrition, and Health for Young Children

Effective Semester / Session: Fall 2021

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: ED145

Course Title: Safety, Nutrition, and Health for Young Children

Reason for initiating, revising, or canceling:

This course guide is being modified to incorporate the course as a requirement for the Certificate of Completion in Early Childhood Education, as well as update the Catalogue Course Description, Degree or Certificate Requirements met by the Course, Course Prerequisites, Method of Evaluation, Course Outline, Instructional Goals, Student Learning Outcomes, and Assessment Measures of Student Learning Outcomes.

Melissa Palacios *Melissa Palacios* 06/15/2021

Proposer Date

Roland Merar *Roland Merar* 6/16/21

Director Date

Adam Walsh *Adam Walsh* 06.10.21

Language & Format Review Specialist Date

Ajani Burrell *Ajani Burrell* 06.10.2021

Academic Council Chair Date

Lorraine Cabrera Maui *Lorraine Maui* 06.18.2021

Interim Dean of Learning & Student Success Date

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Course: ED145 Safety, Nutrition, and Health for Young Children

1. Department

School of Education

2. Purpose

The purpose of this course is to introduce prospective teachers in the Early Childhood Education field with basic knowledge, skills, and guidance to ensure high quality nutrition, health services, and safe environments for young children. It offers students information on implementing strategies that promote best practices in the nutrition, health, and safety of young children.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Sorte, J., Daeschel, I., Amador, C., (2016). *Nutrition, Health and Safety for Young Children: Promoting Wellness*. 3rd Ed. Upper Saddle River, NJ: Pearson Prentice Hall.

American Academy of Pediatrics, American Public Health Association (2019). *Caring for our Children: National Health and Safety Performance Standards*. 4th Ed. Association and National Resource Center for Health and Safety in Child Care and Early Education, American Academy of Pediatrics.

Recommended: None

B. Contact Hours

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** None

C. Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This course is a requirement for the Certificate of Completion in Early Childhood Education. This course teaches strategies to promote nutrition, health, and safety of young children in early childhood settings. This includes strategies that promote best practices in nutrition, overall health, and designing developmentally appropriate learning environments. English Placement: EN 095 (offered Fall and Spring).

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E. Degree or Certificate Requirements Met by Course

This is a required course for the Certificate of Completion in Early Childhood Education.

F. Course Activities and Design

This course is designed to incorporate lectures, readings, in-class assignments, demonstrations and teach-back, assigned projects, reflective essays, topic discussions, student participation, collaboration and engagement.

4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: None

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN095

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit course, instructional material fees, and textbook.

Cost to the College: Salary of instructor, supplies, materials and internet.

Instructional resources needed for this course include: internet, projector, and whiteboard.

6. Method of Evaluation

Students will be evaluated on the basis of attendance, in-class assignments, demonstrations, a teach-back, assigned projects, reflective essays, topic discussions, participation, collaboration, engagement, midterm and final exams. NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Child Nutrition, Food Safety, and Dietary Guidelines
- 2.0 Prevention and Early Intervention of Child Illnesses and Diseases
- 3.0 Observing and Reporting Suspected Child Illnesses and Diseases
- 4.0 Oral Health
- 5.0 Mental Health
- 6.0 Staff Wellness
- 7.0 Identifying and Reporting Suspected Child Abuse and Neglect
- 8.0 Children's Indoor and Outdoor Areas
- 9.0 Emergency Preparedness and Universal Precautions
- 10.0 Nutrition, Health, and Safety Ongoing Monitoring

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8. Instructional Goals

The course will introduce students to:

- 1.0 Overview of Nutrition, Health, and Safety for Young Children;
- 2.0 Components of Nutrition, Health, and Safety for Young Children;
- 3.0 Importance of Ensuring Children's Nutrition, Health Services, and Safe Environments; and
- 4.0 Strategies and Techniques Used in Promoting Children's Safety and Wellness.

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9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Explain nutrition, food safety, and dietary guideline for young children;
- 2.0 Discuss the importance of maintaining the overall health of young children;
- 3.0 Identify different strategies and techniques to prevent child illnesses and diseases;
- 4.0 Identify prevention and early intervention strategies for child injury—including conducting daily health and safety checks;
- 5.0 Describe procedures for observing and reporting suspected illnesses and diseases;
- 6.0 Describe the importance of maintaining staff wellness;
- 7.0 Explain emergency preparedness and procedures for young children;
- 8.0 Discuss the safety issues for children's indoor and outdoor areas; and
- 9.0 Discuss procedures for observing and reporting suspected child abuse and neglect.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Oral Presentation;
- 2.0 Midterm; and
- 3.0 Final Exams.