

ELCC 116A: Nutrition, Health and Safety

2 credits, 2 hours per week

This course emphasizes the importance of optimal nutrition, health and safety practices for young children and the staff who work with them in early childhood settings. Alberta's child abuse protocol will be covered.

Instructor

Karla Green
Office 202A
780.791.4992
karla.green@keyano.ca

Office Hours

MicrosoftTeams: Available by appointment through Chat or Face-to-face format at the above email address

Hours of Instruction

January 6 – March 15: Mondays 9:00 AM- 10:50 AM
March 16 – April 24: Online 2hours/week

Required Resources

Kernested, D., & Pimento, B. (2019). *Healthy foundations in early childhood settings*. Toronto, ON: Nelson.

Indigenous Early Learning and Child Care Framework. (2018). Retrieved from <https://www.canada.ca/en/employment-social-development/programs/indigenous-early-learning/2018-framework.html>

Course Outcomes

By the end of this course, students will:

1. Develop an awareness of preventative health for the toddler, preschool and school-aged child.
2. Identify safety issues and describe appropriate measures to prevent childhood injury.
3. Illustrate health concerns that may affect the young child.
4. Examine and identify ways to protect children from dangers online.
5. Recognize how to respond to neglect and abuse when suspected and/or identified in children.
6. Examine the issue of obesity in our cultures and identify ways we can prevent childhood obesity.
7. Develop an awareness of Canada's Food Guide and illustrate how it is incorporated into a healthy diet for adults, infants, toddlers, preschoolers and school-age care.
8. Identifying components of nutrition labels and implement this knowledge toward making informed choices.
9. Develop an awareness of common food allergies and safe food handling practices.
10. Examine a variety of nutrition issues experienced with young children, and demonstrate an ability to modify a meal plan to suit the nutritional needs of individual children
11. Paraphrase various nutrition policies and procedures

Assignment	Value
Online Workshops <ul style="list-style-type: none"> ○ Child Protection certificate of completion (5%) ○ Online cyber safety certificate of completion (5%) 	10%
Assignments <ul style="list-style-type: none"> ○ Safety Awareness Checklist (5%) ○ Infection Control Checklist (5%) ○ Child Care menu (10%) ○ Grocery Store Nutritional Labels (10%) ○ Nutritional Recipe (5%) 	35%
Class Presentations <ul style="list-style-type: none"> ○ Educational Tool Presentation 	15%
Final Assignment Options <ul style="list-style-type: none"> ○ Research paper (available options in assignment details) ○ Personal Change Journal (requires 2 weeks) ○ Develop and Implement a learning activity. 	30%
Class Participation and attendance	10%
Evaluation: <i>detailed assignment instructions and rubrics will be available on the course website</i> <i>A grade of C- is required for progression or transfer.</i>	

Course assignments have set due dates to manage both instructor and student workloads. Change to due dates may occur to adjust the overall student workload based on class consensus.

Topics to be covered:

- Preventative health
- Injury Prevention
- Communicable Diseases
- Infection Control
- Chronic Conditions
- Abuse and Neglect
- Childhood Obesity
- Canada's Food Guide
- Nutrition Labelling
- Nutrition Policy
- Allergies and intolerances
- Nutrition Issues

The department performance requirements (revised 2018) regarding student evaluation states that:

- Assignments are to be submitted in class on their respective due dates. If a student is absent from class, the assignments will be considered late.
- Individual extensions require students to contact and ask permission from the instructor prior to the assignment due date.
- For assignments that are late without written permission:
 - A grade of 1% will be deducted from assignments each day including weekends. This will be applied until the assignment is received by the instructor.
 - No assignments will be accepted after 1 week past the due date.
 - No assignments will be accepted after the beginning of class on final date of the course.

- Since final exams are not a component of ELCC or EA courses and learning is participatory, attendance and participation are part of the course grade. 80% attendance and word-processed assignments when required by the instructor are necessary to achieve a final grade of B or higher in ELCC and EA courses
- A grade of B on an assignment recognizes that the student has met the basic requirements and comprehends the applicable content thoroughly enough to be able to apply it
- A grade of less than B brings attention to the student that there are gaps in comprehending the content and skill required for that assignment. Students should use the criteria for assignments to guide assigned work.
- A grade of B+ or higher acknowledges excellence in quality and quantity of work. The student's assignment is above the basic requirements.

Grading System

Legend			
Percentage Scale	Alpha Grade	4.0 Scale	Descriptor
94-100	A+	4.0	Excellent
	A	4.0	
90-93	A-	3.7	
86-89	B+	3.3	Good
80-85	B	3.0	
75-79	B-	2.7	
70-74	C+	2.3	Satisfactory
65-69	C	2.0	
60-64	C-	1.7	
56-59	D+	1.3	Poor
50-55	D	1.0	Minimum Pass
0-49	F	0.0	Failure

Performance Requirements

• **Student Responsibilities**

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar.

More specific details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

• **Student Attendance**

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

• **Academic Misconduct**

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
- The use of unauthorized aids in assignments or examinations (cheating)

- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work will not be graded until you show this signed certificate.

Specialized Supports

Please watch your Keyano email for workshop announcements from our Student Academic Support Services team. The Student Academic Support Services (SASS) department: Accessibility Services, Skill Centre and Wellness Services, work together to support student success at Keyano College.

- **Accessibility Services (CC167)** supports student success through group and individualized instruction of learning, study and test taking strategies, and adaptive technologies. Students with documented disabilities, or who suspect a disability, can meet with the Learning Strategists to discuss accommodation of the learning barriers that they may be experiencing. Students who have accessed accommodations in the past are encouraged to visit our office at their earliest opportunity to discuss the availability of accommodations in their current courses. Individual appointments can be made by calling 780-791-8934
- **Skill Centre (CC119)** provides a learning space where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff. Students visiting the centre have access to one-to-one or group tutoring, facilitated study groups, and assistance in academic writing. The Skill Centre's Peer Tutor program provides paid employment opportunities for students who have demonstrated academic success and want to share what they have learned. Tutoring is available free to any students registered at Keyano College on a drop in basis, from 9:00 am to 5:00 pm Monday through Friday. Additional evening hours are subject to tutor availability and are posted in the Skill Centre.
- **Wellness Services (CC260)** offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. The Mindfulness Room in CC260 is available as a quiet space for students to relax during regular office hours. Wellness Service welcomes students to participate in any of the group sessions offered throughout the academic year addressing such topics as Mindfulness and Test Anxiety. Individual appointments can be made by calling 780-791-8934.
- **Student Life Department (CC210)** is a place for students to go when they don't know who else can answer their questions. The staff will help students navigate barriers to success and if they don't know the answer, they will find it out. Student success is directly affected by how connected a student feels to their college. The student life department is there to help students get connected.