Course Outline

CHILDHOOD STUDIES

ELCC 116A
Nutrition, Health & Safety
Winter, 2015

2 CREDITS

INSTRUCTOR: Michelle Carreiro
INSTRUCTOR: Michelle Carreiro

PHONE NUMBER: (780) 791-8968

E-MAIL: michelle.carreiro@keyano.ca

OFFICE NUMBER: 202B

OFFICE HOURS:
Tuesday 12:00 – 2:30 PM
Thursday 4:30 – 6:30 PM

HOURS OF INSTRUCTION:
Tuesdays, 9:00-11:00 AM Room CC216

COURSE DESCRIPTION:
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

2 credits, 30 hours

PRE-REQUISITE(S):

This course has no pre-requisites or co-requisites.

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

REQUIRED RESOURCES:


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

MOODLE

Go to http://ilearn.keyano.ca

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

EVALUATION:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation in Child Protection session</td>
<td>5%</td>
</tr>
<tr>
<td>In class assignments</td>
<td>15%</td>
</tr>
<tr>
<td>Assignment #1</td>
<td>20%</td>
</tr>
<tr>
<td>Assignment #2</td>
<td>20%</td>
</tr>
<tr>
<td>Assignment #3</td>
<td>20%</td>
</tr>
<tr>
<td>Assignment #4</td>
<td>20%</td>
</tr>
</tbody>
</table>

*Students will choose 4 options (2 Health and Safety options and 2 Nutrition options) from a selection of assignments, details and rubrics to be distributed in class.*
Health and Safety options:

Research paper: students will research a Health and Safety issue for children in child care OR children with extra support needs. Possible topics include: exceptional health needs, vaccinations, superbugs, etc.

Infection Control Checklist: students will complete the infection control checklist and analyze the results in terms of health and for children and staff.

Educational tool for adults: students will research a health and safety topic and develop a tool for sharing with adults. Possible topics include: dental health, bullying, bicycle safety, immunization, injury prevention, chronic disease, 2nd and 3rd hand smoke, abuse and neglect, online dangers, asthma, motor vehicle (quad, snowmobile) safety, seatbelt safety- or any other topic in consultation with instructor.

Developing a Learning activity; students will develop and implement a learning activity around a health and safety topic and implement with children in their practicum placement (requires permission of instructor and practicum coach/sponsor teacher). Possible topics include: injury prevention, communicable diseases, chronic diseases, online dangers, health etc.

Safety checklist: students will observe a programs environment and analyze the results in terms of safety for children 0-6.

Nutrition Options:

Research paper: students will research a nutrition issue for children in child care OR children with extra support needs. Possible topics include: alternative diets for infants, toddlers and young children, feeding children who don't want to eat, childhood obesity, diversity and Canada's food guide, or any other topic after discussion with instructor.

Using the resource “Eating Well with Canada’s Food Guide: A Resource for Educators and Communicators,” students will plan a week’s menu for a daycare for 15 children aged 3-5. Use the menu resource on pg. 44 of the document as a guide.

Educational tool for adults: students will research a nutrition topic and develop a tool for sharing with adults.

Personal Health and Wellness: students will review the Canada Food Guide resource and log their physical activity and diet for one week. Students will analyze diet and exercise compared to the recommended amount of physical activity and the food guide?

Developing a Learning activity: students will develop and implement a learning activity around a nutrition topic and implement with children in their practicum placement (requires permission of instructor and practicum coach/sponsor teacher).

Action Project: This assignment requires students to implement a project to benefit children/families and/or the field of early childhood/ school age in some significant way. The project MUST be negotiated with the instructor, PROIR to starting and will include BOTH a plan and reflection. Templates for both are available upon request from the instructor.
GRADING SYSTEM:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Description</th>
<th>Grade Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>Excellent</td>
<td>4</td>
</tr>
<tr>
<td>A-</td>
<td></td>
<td>3.7</td>
</tr>
<tr>
<td>B+</td>
<td>Good</td>
<td>3.3</td>
</tr>
<tr>
<td>B</td>
<td>Satisfactory</td>
<td>2</td>
</tr>
<tr>
<td>B-</td>
<td></td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td></td>
<td>2.3</td>
</tr>
<tr>
<td>C</td>
<td>Minimal Pass</td>
<td>1</td>
</tr>
<tr>
<td>C-</td>
<td>Failure</td>
<td>0</td>
</tr>
<tr>
<td>D+</td>
<td></td>
<td>1.3</td>
</tr>
</tbody>
</table>

PERFORMANCE REQUIREMENTS:

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

The department performance requirements (revised 2014) 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 assignment will considered late.
- Individual extensions require students to contact and ask permission from the instructor prior to the assignment due date. In addition, a signed request for extension, including the extenuating circumstances must be submitted at that time or as soon as possible.
- For assignments that are late without written permission:
  - A grade will be deducted for assignments up to 3 days late. e.g. a B assignment will become a B-
  - an additional grade will be deducted for assignments that are 4 – 7 days late; i.e.: An assignment with a grade of B now becomes a C+
- No assignments will be accepted after 1 week past the due date.
- No assignments will be accepted after the beginning of the class on final date of the course. The final due date for this course is April 21st, 2015
- Since final exams are not a component of ELCC or EA courses and because 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 knows 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
understanding the content and skills required for that assignment. Students should use the criteria for assignments to guide assignment work.

- A grade of B+ or higher acknowledges excellence in quality and quantity of work. The student’s assignment is above the basic requirements.

**Students who do not complete all the required work should not expect to pass the course.**

*Students should consult:* [http://keyano.ca/current-students/students/exams](http://keyano.ca/current-students/students/exams)

**IMPORTANT DATES:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1</td>
<td>College Close (New Year’s Day)</td>
</tr>
<tr>
<td>January 5</td>
<td>Winter semester begins for academic programs</td>
</tr>
<tr>
<td></td>
<td>Winter semester fees due</td>
</tr>
<tr>
<td>January 12</td>
<td>Winter late fee applied</td>
</tr>
<tr>
<td>January 16</td>
<td>Last day to drop academic programs</td>
</tr>
<tr>
<td>February 13</td>
<td>Last day to drop with 50% refund</td>
</tr>
<tr>
<td>February 16</td>
<td>College Closed (Family Day)</td>
</tr>
<tr>
<td>February 23 –</td>
<td>Reading Week, No classes for academic programs</td>
</tr>
<tr>
<td>February 27</td>
<td></td>
</tr>
<tr>
<td>March 30</td>
<td>Last day to withdraw (Grade of W, 0% refund)</td>
</tr>
<tr>
<td>April 3</td>
<td>College closed (Good Friday)</td>
</tr>
<tr>
<td>April 6</td>
<td>College closed (Easter Monday)</td>
</tr>
<tr>
<td>April 24</td>
<td>Last day for Childhood Studies Classes</td>
</tr>
<tr>
<td>May 8</td>
<td>Convocation</td>
</tr>
</tbody>
</table>
COLLEGE POLICIES

Equality, Equity and Respect
The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:
http://keyano.ca/current-students/individual-rights

Plagiarism and Cheating
Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Student Rights & Responsibilities
Students should consult the Keyano College Credit Calendar or online at:
http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1112-10-full.pdf

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program
If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.
Course Outline

Childhood Studies

ELCC 116A
Nutrition, Health and Safety
Winter, 2015

2 CREDITS

_____________________________   _____________________________
Michelle Carreiro, Instructor   Date

Reviewed and approved by:

_____________________________   _____________________________
Vincella Thompson, Dean   Date