ELCC 116: Nutrition, Health and Safety:

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

Instructor
Michelle Carreiro
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780-791-8968
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Office Hours
Monday 12:00 – 1:00 PM
Wednesday 12:00 – 1:00 PM
Thursday 12:00 – 3:00 PM

Hours of Instruction
Tuesdays, 9:00-10:50 AM Room CC216

Required Resources
Toronto, ON: Nelson.

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
**Evaluation**

- Participation in Child Protection session: 5%
- In class assignments: 15%
- Assignment #1: 20%
- Assignment #2: 20%
- Assignment #3: 20%
- Assignment #4: 20%

*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>Percentage Scale</th>
<th>Alpha Grade</th>
<th>4.0 Scale</th>
<th>Descriptor</th>
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<tbody>
<tr>
<td>94-100</td>
<td>A+</td>
<td>4.0</td>
<td>Excellent</td>
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<tr>
<td>90-93</td>
<td>A</td>
<td>4.0</td>
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<tr>
<td></td>
<td>A-</td>
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<tr>
<td>86-89</td>
<td>B+</td>
<td>3.3</td>
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<tr>
<td>0-49</td>
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<td>Failure</td>
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</tbody>
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Proposed Topics:

- 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

*Students will choose from a selection of assignments, details and rubrics to be distributed in class. Students are expected to select 2 options from list of choices:

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 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 program's environment and analyze the results in terms of safety for children 0-6.

**Please Note:**
You will be provided a schedule of topics the first day of class. Date and time allotted to each topic is subject to change. 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.

**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.

- Assignments are to be submitted in class on their respective due dates. If a student is absent from class, the assignment will be 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; ie: 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 19, 2016**

- 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.
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 2015-2016 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.

Specialized Supports

Counselling and Disability Services

Counselling Services provides a wide range of specialized counselling services to prospective and registered students, including personal, career and academic counselling.

Students with Disabilities

It is the College’s goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on a disability, please let your instructor know immediately so options can be discussed. You are also welcome to contact Disability Services to establish reasonable accommodations. Please call 780-791-8934 or drop in at CC-167 (across from the Library).

SKILL Centre

The SKILL Centre is a learning space in the Clearwater Campus at Keyano College where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff.

The SKILL Centre, through a variety of delivery methods, provides assistance in skill development to Keyano students. Assistance is provided by instructors, staff and student tutors. Individuals wishing to improve their mathematics, writing, grammar, study, or other skills, can take advantage of this unique service.
Authorization
This course outline has been reviewed and approved by the Program Chair.

Michelle Carreiro, Instructor

Vincella Thompson, Dean ___________________________ Date Authorized ___________________________

Signed copies to be delivered to:
Instructor
Registrar’s Office