

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

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Office Hours

Mondays 12:00pm- 2:00pm
Tuesdays 12:00pm – 2:00pm
Fridays 12:00pm – 1:00pm

Hours of Instruction

Tuesdays 9:00 am-10:50am

Required Resources

Kernested, D., & Pimento, B. (2015). *Healthy foundations in early childhood settings*.
Toronto, ON: Nelson.

Course Outcomes

By the end of this course, students will:

- Develop an awareness of preventative health for the toddler, preschool and school-aged child.
- Identify safety issues and describe appropriate measures to prevent childhood injury.
- Illustrate health concerns that may affect the young child.
- Examine and identify ways to protect children from dangers online.
- Recognize how to respond to neglect and abuse when suspected and/or identified in children.
- Examine the issue of obesity in our cultures and identify ways we can prevent childhood obesity.
- 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.
- Identifying components of nutrition labels and implement this knowledge toward making informed choices.
- Develop an awareness of common food allergies and safe food handling practices.
- 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
- Paraphrase various nutrition policies and procedures

Evaluation

Completion of 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.**

A grade of C- is required for progression or transfer.

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

Proposed Schedule of 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

Please Note:

Detailed Schedules will be handed out in class

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 students' 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

Counselling and Accessibility Services

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

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.