

ECED 113: Health Safety and Nutrition

Course Description

This course focuses on the important aspects of health, safety, and nutrition in the early childhood setting. Topics explored include introduction to field trip and meal planning; the promotion and modeling of a healthy, safe environment; personal hygiene; standards of cleanliness; preventing the spread of communicable diseases; and supporting the management of chronic health conditions.

Course Hours: 45

Course Credits: 3

Course Prerequisites: Minimum 65% in either English 12, English Studies 12, English First Peoples 12, ENGL 090, or equivalent (refer to Course Equivalency Information on the College website).

Co-requisites: None

Format

Students who register for Flexible Assessment credit must provide evidence of their competency in the form of a portfolio and submit this evidence online to the designated ECE Faculty Assessor two weeks before the end of the semester.

The portfolio submission must include the following information:

1. A table of contents with page numbers that follow the learning outcomes of the course, in the order the learning outcomes are listed on the *Flexible Assessment Documentation Form* below;
2. A labeled heading between each learning outcome and course activity;
3. Concrete evidence (i.e., photos, letters, logbook, video recording, observations) of each learning outcome in the order listed below along with brief explanations of the relevance of each piece of evidence;
4. A completed copy of the recording form below with the type and page number of each piece of evidence in the portfolio submission.

What You Need To Do

Document your knowledge and implementation of each learning outcome for ECED 113 (below) by providing a minimum of four examples for each outcome, with the exception of the learning outcomes that are met by the Additional Flexible Assessment Criteria (AFAC). The examples for the learning outcomes can include a combination of written examples, photos, observations, course/workshop certificates, log-books, video recordings, evaluations and practical applications. Each example must include a written component that clearly explains how the evidence has informed your professional practice.

Additional Flexible Assessment Criteria

AFAC 1. Include a one-week menu that is used in a culturally-diverse child care setting based on the Canada Food Guide. A morning snack, lunch and afternoon snack for each day are to be included.

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Learning Outcomes and Additional Flexible Assessment Criteria

Learning Outcomes	Types of Evidence	Page Number(s)	Value <i>(for office use only)</i>	Faculty Assessor's Comments <i>(for office use only)</i>
Plan nutritious foods consistent with all the principles of meeting nutritional needs including a culturally diverse perspective and special nutritional needs/considerations.	AFAC 1			
Demonstrate the principles of food storage, preparation, cooking and serving.				
Recognize common childhood illnesses and identify preventative measures.				
Create and maintain a safe and healthy environment for young children.				

Learning Outcomes	Types of Evidence	Page Number(s)	Value <i>(for office use only)</i>	Faculty Assessor's Comments <i>(for office use only)</i>
Assess, manage, document and report illness, injuries and any other critical incident.				
Create policies and procedures for maintaining healthy/safety standards.				
Create policies and procedures for emergency procedures and critical incidents.				
Demonstrate universal precautions and model healthy practices.				
Explore the management of a number of chronic health conditions.				
Define child abuse and understand the role of the Early Childhood Educator in dealing with reporting protocols.				

Learning Outcomes	Types of Evidence	Page Number(s)	Value <i>(for office use only)</i>	Faculty Assessor's Comments <i>(for office use only)</i>
Plan safe, age appropriate field trip experiences for young children.				
Examine regulatory framework including licensing regulations.				
Recognize professional accountability and ethics.				
Facilitate and promote feelings of safety and security by promoting self acceptance and self value.				
Telephone Interview	Date	Faculty Assessor's Comments <i>(for office use only)</i>		