

Official Course Description: MCCCCD Approval: 06/24/08

EED215 20084-99999

LEC 3 Credit(s) 3 Period(s)

Early Learning: Health, Safety, Nutrition and Fitness

Consideration of public health issues and safety procedures within early childhood settings, serving young children birth to age eight. Overview of nutritional needs and issues of physical fitness and well-being in young children. Includes field experiences.

Prerequisites: None.

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MCCCCD Official Course Competencies:

**EED215 20084- Early Learning: Health, Safety, Nutrition and Fitness
99999**

1. Describe the routes of disease transmission. (I)
2. Describe "communicable disease" as a health concern in the early childhood setting, serving young children birth to age eight. (I)
3. Demonstrate basic skills of an arrival health check. (II)
4. Describe blood-borne pathogen risks in the group setting, serving young children birth to age eight. (III)
5. Describe the four steps of infection control measures. (III)
6. Identify current immunization requirements for young children (birth to age eight) and adults. (IV)
7. Describe effective immunization documentation strategies for the group setting. (IV)
8. Describe sanitation techniques for the group setting. (V)
9. Describe basic criteria for exclusion from the setting based upon symptoms of specific diseases. (V)
10. Identify developmental characteristics of young children (birth to age eight) which affect their safety and well being, including child abuse and neglect. (VI)
11. Describe contributing factors to an injury event. (VI)
12. Identify criteria necessary for effective transportation policies and practices. (VII)
13. Identify factors which contribute to safe outdoor activities and equipment selection/maintenance. (VIII)
14. Identify potential poisons and environmental health hazards. (IX)
15. Describe emergency poisoning control. (IX)
16. Describe the principles of safe medication documentation and management. (X)
17. Describe factors that reduce the risk of emergencies. (XI)
18. Identify documentation formats appropriate for documenting health criteria, emergencies, daily events, and growth and development in the early childhood setting, serving young

children birth to age eight. (XII)

19. Describe the basic nutritional needs of young children (birth to age eight) and outline food plans to meet the nutritional needs of young children. (XIII)
20. Describe cultural foods and customs which reflect the social and ethnic backgrounds of a designated child population. (XIV)
21. Identify the potential learning aspects of a given food preparation activity and plan appropriate follow-up activities. (XV)
22. Develop age-appropriate routines for serving meals and snacks for a designated child population. (XV)
23. Implement a food experience in the early childhood setting (serving young children birth to age eight) which includes health and safety precautions, equipment selection, children's developmental needs and the use of other adults. (XVI)
24. Identify factors in daily life relating to physical fitness, well-being and prevention of childhood obesity. (XVII)
25. Describe application of course principles within a field experience. (XVIII)

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MCCCD Official Course Outline:

EED215 20084-20082 Early Learning: Health, Safety, Nutrition and Fitness

- I. Routes of disease transmission
 - A. Communicable Disease Defined
 - B. Transmission Route
 1. Respiratory or Airborne
 2. Direct or Close Contact
 3. Fecal-oral
 4. Blood-borne
- II. Arrival Health Check
 - A. Health Check in the Group Setting
 - B. Health Assessment Components
- III. Blood-borne Pathogens
 - A. Routes of Germ Transmission
 - B. Infection Control Measures
 1. Hand Washing
 2. Gloves and Other Personal Protective Equipment
 3. Bagging and Waste Disposal
 4. Sanitation Steps
- IV. Child and Adult Immunizations
 - A. Schedule
 - B. Documentation
- V. Disease Prevention in the Classroom

- A. General Sanitation and Cleaning Practices
 - B. Exclusion Policies
 - C. Isolation and Parent Pick-up
- VI. Young Children Safety
 - A. Developmental Characteristics
 - B. Injury Event Components
 - C. Non-accidental Injury
 - 1. Physical Abuse
 - 2. Physical Neglect
 - D. Other Issues of Child Maltreatment
- VII. Transportation
 - A. Vehicles, Drivers, and Children
 - B. Guidelines for Policy Development for the Setting
- VIII. Outdoor Safety
 - A. Playground Injuries
 - B. Spatial Planning and Ground Covers
 - C. Playground Equipment
 - 1. Regulations
 - 2. Maintenance
 - 3. Recommendations
 - D. Sun Protection
 - E. Water Hazards
- IX. Poisons and the Young Child
 - A. Environmental Hazards and Potential Poisons
 - B. Poisoning Emergency Management
- X. Medication Management in the Group Setting
 - A. Medication Categories
 - B. Medication Policy
 - C. Medications: Administering and Documenting
- XI. Emergencies
 - A. Emergency Personnel
 - B. Evacuation Policies for Fire and Other Emergencies
 - C. Lock-down Policies
- XII. Documentation Basics
 - A. Purpose
 - B. Documentation Formats
 - C. Liability Concerns
- XIII. Nutritional Needs
 - A. Overview
 - B. Recommended Amounts and Kinds of Foods
 - 1. Infants
 - 2. Toddlers
 - 3. Preschool and Young School Age
- XIV. Cultural and Social Meanings of Foods
 - A. Cultural Foods
 - B. Social Climates for Feeding and Eating

1. Serving Food to Children
 2. Social Traditions and Customs
- XV. Planning Food Experiences
- A. Relationship to Other Learning Areas
 - B. Follow-up Activities
- XVI. Implementation of Food Experiences
- A. Health and Safety
 - B. Equipment Selection
 - C. Children's Developmental Needs
 1. Child Participation in Serving and Eating
 2. Child Involvement in Food Preparation
 3. Meeting Individual Needs
 4. Special Needs
 - D. Use of Other Adults
- XVII. Nutritional Well Being
- A. Principles of a Sound Food Plan
 1. Energy Control
 2. Energy Source
 3. Nutrient Balance
 4. Exercise
 - B. Planning Meals and Snacks with All Food Groups
 1. Overview of Food Guides and Guidelines for Children
 2. Appropriate Food Consistency, Portion Sizes, and Scheduling
 3. Vegetarian Choices
 4. Fluid Needs
 5. Respecting Cultural Food Practices
 - C. Division of Responsibility
 - D. Food Idiosyncrasies
 - E. Healthy Food Attitudes and Habits
 - F. Special Problems
 1. Obesity
 2. Iron Deficiency
 3. Allergies
 4. Special Needs
- XVIII. Field Experience

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