



## Basic Course Information

Semester:	<b>FALL 2024</b>	Instructor Name:	<b>Marixol Garcia</b>
Course Title & #:	<b>CDEV 101: Health Safety &amp; Nutrition</b>	Email:	<b>marixol.garcia@imperial.edu</b>
CRN #:	<b>11027</b>	Webpage (optional):	
Classroom:	<b>209</b>	Office #:	<b>203C</b>
Class Dates:	<b>AUG 12- DEC 7</b>	Office Hours:	<b>Mon. 1:00-3:00 pm &amp; Wed. 3:00-5:00pm</b>
Class Days:	<b>Monday</b>	Phone #:	<b>(760) 483-3282</b>
Class Times:	<b>6:00pm-9:10pm</b>	Emergency Contact:	<b>Alexiss Castorena 760-355-6232</b>
Units:	<b>3</b>	Class Format:	<b>In Person</b>

## Course Description

### COURSE/CATALOG DESCRIPTION:

Introduction to the laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in care and education settings for children from birth through middle childhood. This course includes the teacher's role in prevention strategies, nutrition and meal planning, integrating health, safety and nutrition experiences into the daily routines, and overall risk management to ensure physical health, mental health and safety for both children and staff.(C-ID: ECE 220) (CSU)

## Course Prerequisite(s) and/or Corequisite(s)

None

## Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Describe strategies used to promote health (mental and physical), safety, and nutrition of children and adults in care and education settings.
2. Evaluate environments for both positive and negative impacts on children's and adults' health and safety.
3. Identify regulations, standards, policies and procedures related to health, safety, and nutrition in care and education settings.

## Course Objectives

Upon satisfactory completion of the course, students will be able to:



1. Define the broad concepts of health, safety, and nutrition.
2. Identify laws and regulations related to health, safety, and nutrition.
3. Identify health and safety risks, and prevention strategies in care and education settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Apply the recommendations for children's nutrition to the development of healthy and economical meals and snacks based on the age and individual needs of children.
6. Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition.
7. Describe culturally responsive strategies for partnering with families and the community in support of a healthy and safe environment for children.
8. Explore community resources available to support children and families.

### Textbooks & Other Resources or Links

#### Textbook

Lynn R. Marotz. 2015. *Health, Safety, and Nutrition for the Young Child*. 9th Wadsworth Publishing. ISBN: 9781285427331.

### Course Requirements and Instructional Methods

Course Grading Based on Course Objectives

CLASS ASSIGNMENTS POINT VALUE

Class discussions 10 @ 2 points 20

Practice Assignments 3 @ 2 points 6

Communicable Disease Info (PLO7 & 8) 10

Title 22 paper (PLO, 7) 10

Menu Planning (PLO 8) 20

Lesson Plan Assignment/ Cooking Activity (PLO8) 10

3 Quizzes @15 points each 45

Mid-term/Final 2@30 points each 60

Participation: 16 ( -.5 for each absence)

**Total Points 197**



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## Course Grading Based on Course Objectives

Grade A=90%-100% B=80%-89% C=70%-79% D=60%-69% F=59% and below

Discussion points include course discussion and small group discussions. If you do not participate in the weekly discussions, you will not receive your discussion points for the week. All assignments should be typed and submitted through Canvas

## Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

## Course Policies

A student who fails to attend the first week of class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class.

Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absence exceed the number of hours the class is scheduled to meet per week may be dropped.

Roll-call attendance will be taken at the beginning of each class- If you are late to class, you will be marked as absent -It is the responsibility of the late to student to connect with the instructor by the end of the class session to remove the recorded absence- The attendance record will be used to drop students with repeated absences, so it is critical that you make sure that your late attendance is not recorded as ab absence,

Remember to withdraw or drop the course by the college's deadlines if you choose not to finish the course and/or do not want a failing grade on your transcript. • Last day to drop the course with no record of enrollment: Saturday, Feb 24

• **Last day to withdraw from the course with "W" on your transcripts: NOV 2<sup>nd</sup>**

• **Last day to ADD the course is AUG 24<sup>th</sup>**

## IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

## Anticipated Class Schedule/Calendar

**All assignments are due a week after the day the assignment was given. Typically right before class on Monday.**

**\*\*\*Subject to change without prior notice\*\*\***

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 08/12	Syllabus and Introduction Module and Chap. 1 Children's Well Being Module •	• Read Pages 2-37 Discussion 1



<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Pages/ Due Dates/Tests</b>
Week 2 8/19	Chap. 2- Daily Health Observations Module	• Read Pages 39-54 • Discussion 2
Week 3 8/26	Chap. 3 – Assessing Children’s Health Module	• Read Pages 55-80 • Review for test chapters 1-3 • Discussion 3
Week 4 9/3 (Tuesday)	Chap. 4 – Caring for Children with Special Medical Conditions Module •	Read Pages 83-111 • Complete TEST 1 • Chapters 1-3 • Review Infectious Disease Assignment/Presentation
<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Pages/ Due Dates/Tests</b>
Week 5 9/9	Chap. 5 –The Infectious Process and Environmental Control Module •	Read Pages 114-134 • Discussion 4
Week 6 9/16	Chap. 6 – Childhood Illnesses: Identification and Management Module	• Read Pages 137-168 Review for test • chapters 4-6 • Infectious Disease Assignment/Presentation
Week 7 9/23	Chap. 7 –Creating High Quality Environments Module •	Read Pages 172-205 • Complete TEST 2 • (Chapters 4-6) • Review Title 22 Assignment
<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Pages/ Due Dates/Tests</b>
Week 8 9/8	Chap. 8 – Safety Management Module	• Read Pages 208-237 Discussion 5
Week 9 10/7	Chap. 11 – Planning for Children’s Health & Safety Education and Chap. 19- Nutrition Education: Rationale, Concepts, and Lessons Module Assignment	• Read Pages 296-321 • Read Pages 489-511 • Title 22 Assignment Due • Discussion 6 • Practice Lesson plan • Review Lesson Plan Assignment 10
Week 10 10/14	Chap. 9- Management of Injuries /Acute Illness and Chap. 10 – Maltreatment of Children: Abuse & Neglect Module	• Read Pages 239-294 • Review for Mid-Term test Discussion 7



Week 11 10/21	Mid-Term	<ul style="list-style-type: none"> <li>• Complete Mid-Term TEST Chapters 7-11</li> </ul>
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Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests and 19
Week 12 10/28	30 Chap. 12 – Nutritional Guidelines Module	<ul style="list-style-type: none"> <li>• Read Pages 324-342</li> <li>• Lesson Plan Due</li> <li>• Discussion 8</li> </ul>
Week 13 11/4	Chap 13- Nutrients that Provide Energy and Chap. 14 – Nutrients that Promote Growth and Regulate Body Functions Module	<ul style="list-style-type: none"> <li>• Pages 344-382</li> <li>• Review Menu Plan Assignment</li> <li>• Review for Test 3 (Chapters12-14) Practice Assignment Menu Plan</li> </ul>
Week 14	Chap 17-Planning and Serving Nutritious and Economical Meals Module	<ul style="list-style-type: none"> <li>• Read Pages 431-457</li> <li>• Complete TEST 3 (Chapters 12-14)</li> <li>• Discussion 9</li> <li>ALL DUE 11/13</li> </ul>
Week 15 11/18	Chap 15 & 16 Feeding Infants/ Feeding Toddlers and Young Children Module	<ul style="list-style-type: none"> <li>• Read Pages 384-429</li> <li>• Menu Plan Due</li> <li>• Discussion 10</li> <li>• Review for Final</li> </ul>
Thanksgiving Break 11/25	NO CLASS	
Week 16 12/2	Final exam will be held in class Monday, 6/3(Please bring a Scantron and pencil)	In-class Final 12/2

**Syllabus is subject to change/ Students will be notified of any changes.**