



## Basic Course Information

Semester:	<b>Spring 2025</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>20646</b>	Webpage	
Classroom:	<b>206</b>	Office #:	<b>203C</b>
Class Dates:	<b>February 10th to June 6th</b>	Office Hours:	<b>Tuesday/Thursday 2:30-4:40pm</b>
Class Days:	<b>Monday and Wednesday</b>	Office Phone #:	<b>Marixol Garcia (760) 355-6460</b>
Class Times:	<b>9:40 am-11:05 am</b>	Emergency Contact:	<b>Alexiss Castorena 760-355-6232</b>
Units:	<b>3</b>	Class Format:	<b>In Person</b>

## Course 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

### ASSIGNMENTS POINT VALUE

Course Grading Based on Course Objectives

### Assignment and Point Values

Discussion Posts 10 @ 8 points =80 points

Project/Presentation: Communicable Disease (PLO7 & 8) =30 points

Assignment 1: Mandated Training Certificate= 40 points

Assignment 2: Title 22 paper (PLO, 7) =10 points

Assignment 3: Open Research= 10 points

Assignment 4: Menu Planning (PLO 8)= 20 points

Quizzes @15 points each= 45 points

Mid-term/Final 2@30 points each =60

Participation= 62 ( 2 points for each class)

**Total Points 355**



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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.

## Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

## Course Policies

A student who fails to attend the first week of class or does not complete the first mandatory activity, 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 exceeds 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 an 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 \_\_\_\_\_
- Last day to ADD the course is \_\_\_\_\_

## 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	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 2/10	Syllabus and Introduction Module and Chap. 1 Children's Well Being Module	Read Pages 2-37 Discussion 1 Begin Mandated Training and Certificate (complete in 3 weeks)
Week 2 2/18 No class 2/17	Chap. 2- Daily Health Observations Module	Read Pages 39-54 Discussion 2 Continue Mandated Training and Certificate (complete in 3 weeks)
Week 3 2/24	Chap. 3 – Assessing Children's Health Module	Read Pages 55-80 Review for test chapters 1-3 Discussion 3 <b>Complete Mandated Training Certificate by Sunday 11:59 pm</b>
Week 4 3/3	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
Week 5 3/10	Chap. 5 –The Infectious Process and Environmental Control Module	Read Pages 114-134 Discussion 4
Week 6 3/17	Chap. 6 – Childhood Illnesses: Identification and Management Module	Read Pages 137-168 Review for test chapters 4-6 Infectious Disease Assignment/Presentation
Week 7 3/24	Chap. 7 –Creating High Quality Environments Module	Read Pages 172-205 Complete TEST 2 (Chapters 4-6) Review Title 22 Assignment
Week 8 3/31	Chap. 8 – Safety Management Module	Read Pages 208-237 Discussion 5



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Week 9 4/7	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 <b>Title 22 Assignment Due Sunday 11:59pm</b> Discussion 6 Practice Lesson plan Review Lesson Plan Assignment 10
Week 10 4/14	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
No Class 4/21	Spring Recess (Campus Closed)	
Week 11 4/28	Mid-Term	<b>Complete Mid-Term TEST</b> Chapters 7-11 and 19

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 12 5/5	Chap. 12 – Nutritional Guidelines Module	Read Pages 324-342 Lesson Plan Due Discussion 8
Week 13 5/12	Chap 13- Nutrients that Provide Energy and Chap. 14 – Nutrients that Promote Growth and Regulate Body Functions Module	Read Pages 344-382 Review Menu Plan Assignment Review for Test 3 (Chapters 12-14) Practice Assignment Menu Plan
Week 14 5/19	Chap 17-Planning and Serving Nutritious and Economical Meals Module	Read Pages 431-457 Complete TEST 3 (Chapters 12-14) Discussion 9 ALL DUE 11/13
Week 15 5/27 No class on 5/26	Chap 15 & 16 Feeding Infants/ Feeding Toddlers and Young Children Module	Read Pages 384-429 Menu Plan Due Discussion 10 Review for Final
Week 16 6/2	Final exam will be held in class Monday, 6/3 ( <b>Please bring a Scantron and pencil</b> )	In-class Final 12/2

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