

Basic Course Information

Semester:	Fall 2025	Instructor Name:	Marixol Garcia
Course Title & #:	CDEV 101 Health Safety and Nutrition	Email:	marixol.garcia@imperial.edu
CRN #:	11027	Webpage:	
Classroom:	206	Office #:	203 C
Class Dates:	August 11th to December 6th	Office Hours:	Tu & Th 11:10 am to 1:10 pm
Class Days:	Monday	Office Phone #:	(760) 355-6460
Class Times:	6:00 pm-9:10pm	Emergency Contact:	Alexiss (760) 355-6232
Units:	3.0	Class Modality:	In Person

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. 2024. *Health, Safety, and Nutrition for the Young Child*, 11th edition. Wadsworth Publishing. ISBN: 9780357765807

*You may use an earlier edition (9th or 10th works fine). Page numbers and some information may be missing.

Course Grading Based on Course Objectives

Grading Policy

Grades will be based upon class participation, attendance and the completion of assignments, quizzes and tests throughout the semester. All material presented in the text, study guide, videos and handouts will be part of the evaluation process. All assignments should be typed or written legibly in black ink.

No assignments, notes, tests or projects will be accepted late. If you do turn in assignments late, you will receive 5% off for each day your assignment is late. If you feel that you have extenuating circumstances, please see me in person before the project is due. If you have permission to turn the project in late, you will not earn higher than a letter grade of 'C' for your effort.

Every student has the same chance to prepare for the midterm and final. If you miss a test or assignment, and have extra time to study, it is unfair to those students who took the time to complete the assignment. To make up a test, or assignment you must show proof for the absence (doctor's note, hospitalization paperwork) and it must be approved by the instructor. Regardless of the reason for a missed test, it must be made up within a week of when your class took the test or quiz. Make-ups are at my office during office hours. Make up tests will be deducted 50% of the total grade. Please make sure you are here when the tests are scheduled. If you are not here for a scheduled test, you will receive no points for the test. A missed assignment or test is considered an "F" and no points will be given. Plan a schedule to allow for ample study time so you will be prepared. There is no penalty for taking a quiz or test before the scheduled time.

All assignments have a rubric by which the student can view what is required to receive the highest grade on that assignment. "When grades are given for any course of instruction taught in a community college district, the grade given to each student shall be the grade determined by the faculty member of the course, and the determination of the student's grade by the instructor, in the absence of mistake, fraud, bad faith or incompetency, shall be final." California Education Code, Section 76224(a). Everyone in each class can earn an "A" grade. No set number or percentage limits how many A's can be earned in each class.

Out-of-Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over a semester.

Basic Description of Assessments



Assignments: Requires students to read text material and articles provided or that are accessible on the internet, reflect on-topic questions, and write thoughtful responses. The instructor will provide detailed directions.

Discussions: Students will respond to prompts presented by the instructor related to class topic areas. Students are required to respond to responses posted by fellow students.

Quizzes/Tests: There will be a Chapter Quiz for each of the chapters in the textbook. All quizzes will be completed online on CANVAS.

Participation: This course incorporates in-class collaboration activities. You get 4 points for being on time. If you arrive 10 minutes late or leave 10 minutes too early, you will lose -2 points for attendance. You may contact the instructor if you are not able to participate in class. You will still lose points for arriving late, leaving early or being absent (-4 points).

Course Grading Based on Course Objectives	
Assignment	Point Value
Discussion Posts 7 @ 20 points each	140
Assignment 1: Mandated Reporter Training Certificate	30
Assignment 2: Title 22 Paper (PLO,7)	30
Assignment 3: Communicable Disease Presentation (PLO 7 & 8)	30
Assignment 4: Health Safety or Nutrition Lesson Plan	20
Assignment 5: Menu Plan (PLO 8)	30
3 Tests @ 30 points each	90
Midterm/Final Exam @ 50 points each	100
Participation @ 4 points per week	128 (2 days no school)
Total	598

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

Final Grade					
A+ above 599	A 598-539	B 538-479	C 478-419	D 418- 359	F 358- or lower

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

Attendance: A student who fails to attend the first meeting of a 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. 4 points a day are given to students for being in class. If you arrive late, or leave early, you lose -2 points. A grace period of 10 minutes after class and before class is allowed. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. Students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Academic Honesty: Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the importance of acknowledging and safeguarding intellectual property. There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.



- Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action.

Please refer to the General Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Netiquette

Classroom

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor. Please step outside to text or call. A warning is first given, and then -1 points for attendance is taken off the second warning.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- Children in the classroom: Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

Online

Online netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.

- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Financial Aid

Your Grades Matter! To continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you maintain a 2.0 GPA, have successfully completed 67% of your coursework, and will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please get in touch with financial aid at finaid@imperial.edu.

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 Sunday by 11:59 pm.



Date	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 Aug 11 to Aug 17	Syllabus and Introduction Chap. 1 Children's Well Being	Read Pages 2-36 Discussion 1 Begin Mandated Training and Certificate (complete in 3 weeks)
Week 2 Aug 18 to 24	Chap. 2- Daily Health Observations	Read Pages 41-54 Discussion 2 Continue Mandated Training and Certificate (complete in 3 weeks)
Week 3 Aug 25 to Aug 31	Chap. 3 – Assessing Children's Health	Read Pages 55-80 Review Test Chapters 1-3 Discussion 3 Complete Mandated Training Certificate by Sunday 11:59 pm
Week 4 Sep 2 to Sep 7 No School Sep 1	Chap. 4 – Caring for Children with Special Medical Conditions	Read Pages 83-111 Complete TEST 1 Chapters 1-3 Review Infectious Disease Assignment/Presentations
Week 5 Sep 8 to Sep 14	Chap. 5 –The Infectious Process and Environmental Control	Read Pages 114-136 Discussion 4
Week 6 Sep 15 to Sep 21	Chap. 6 – Childhood Illnesses: Identification and Management	Read Pages 138-167 Review for Test chapters 4-6 Infectious Disease Assignment/Presentation
Week 7 Sep 22 to Sep 28	Chap. 7 –Creating High Quality Environments	Read Pages 171-204 Complete TEST 2 (Chapters 4-6) Review Title 22 Assignment
Week 8 Sep 29 to Oct 5	Chap. 8 – Safety Management	Read Pages 207-236 Discussion 5
Week 9 Oct 6 to Oct 12	Chap. 11 – Planning for Children's Health & Safety Education and Chap. 19- Nutrition Education: Rationale, Concepts, and Lessons Assignment	Read Pages 297-323 Read Pages 491-512 Title 22 Assignment Due Sunday 11:59pm Practice and Review Lesson Plan Assignment



Week 10 Oct 13 to Oct 19	Chap. 9- Management of Injuries/Acute Illness and Chap. 10 – Maltreatment of Children: Abuse & Neglect	Read Pages 239-294 Review for Mid-Term Test
Week 11 Oct 20 to Oct 26	Mid-Term	Complete Mid-Term TEST Chapters 7-11 and 19
Week 12 Oct 27 to Nov 2	Chap. 12 – Nutritional Guidelines Chap. 13- Nutrients that Provide Energy and	Read Pages 326-359 Lesson Plan Due
Week 13 Nov 3 to Nov 9	Chap. 14 – Nutrients that Promote Growth and Regulate Body Functions	Read Pages 363-384 Review and Practice Menu Plan Assignment Review for Test 3 (Chapters 12-14)
Week 14 Nov 11 to Nov 16 No School Monday Nov 10	Chap. 17-Planning and Serving Nutritious and Economical Meals	Read Pages 434-459 Complete TEST 3 (Chapters 12-14) ALL DUE 11/13
Week 15 Nov 17 to Nov 23 Campus Closed Nov 24 to Nov 30	Chap. 15 Feeding Infants Chap. 16 Feeding Toddlers, Preschoolers, and School-Age Children No classes	Read Pages 388-431 Menu Plan Due Review for Final
Week 16 Dec 1st	Final exam will be held in class Monday night 12/1	In-class Final due 12/1

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