EDUC 275 HEALTH, SAFETY AND NUTRITION DIRECTED STUDY SPRING 2011

INSTRUCTOR DR ALIDA DROPPERT OFFICE PHONE 641 628 5215

SPRING 2011 **DIRECTED STUDY** **3 CREDITS**

Office EPC 131 J **TUTORIALS: ROE 131J** **3:00 to 3:50PM** **Monday and Wednesday**

Office Hours: 10:00 – 11:00 M to F **E-mail dropperta@central.edu**

Contact Me:

My goal is to be available to help you to be successful and to understand the concepts introduced in the course. In addition to the designated office hours you can contact me to arrange an appointment.

Course description

Focuses on concepts, policies and programs related to the health, safety, and nutrition of children. Emphasizes assessment, implementation, and management of health, safety, and nutrition practices.

Required textbook

Safety, Nutrition and Health in Early Education Cathie Robertson 4th Edition, ISBN: 1-4283-5293-7 WADSWORTH – Cengage Learning

Tutorials **ROE 131J** **3:00 to 3:50PM** **Monday and Wednesday**

COURSE OBJECTIVES

Student will be able to:

1. Describe the interrelationships of health, safety and nutrition.
2. Define common acute and communicable diseases.
3. Develop a safe environment for children.
4. Differentiate among areas of child abuse and describe actions a caregiver should take in a case of suspected child abuse.
5. Assist children in developing attitudes and nutritional habits that will be an asset for a lifetime.
6. Understand additional objectives identified during each component of the course.

DISPOSITIONS

- The teacher believes all children can learn.
- The teacher values each person and respects human diversity.
- The teacher values attitudes and behaviors that elevate respect for the profession.

WEB LINKS TO NATIONAL EDUCATION STANDARDS

- **Core Subjects:** www.mcrel.org/standards-benchmarks/
- **Special Educ.:** www.cec.sped.org
- **Iowa Core Curriculum Link:** http://www.corecurriculum.iowa.gov/Home.aspx

ETHICAL CONDUCT

Disabilities:

Central College abides by interpretations of the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 that stipulates no student shall be denied the benefits of an education "solely by reason of a handicap." Disabilities covered by law include, but are not limited to, learning disabilities, hearing, sight, or mobility impairments, and other health related impairments. If you have a documented disability that may have some impact on your work in this class for which you may require accommodations, please see me and Nancy Kroese, Director of Student Support Services and Disabilities Services Coordinator, (x 5247) during the first two weeks of the semester so that such accommodations may be arranged.

Plagiarism and Other Academic Dishonesty:

Plagiarism and cheating of any form are serious offenses and may result in an F for the assignment, the course, or expulsion from the college. The details of Central's Academic Integrity policy is found in the Student Handbook, on the web. A copy will be sent to you via e-mail during the first week of the semester. It is your responsibility to read and understand the contents of that policy before you submit work to be graded. Questions regarding the policies and enforcement of the policies may be addressed to me during class or during office hours.

Notification of Participation in College Sanctioned Events:

Mock Trial participants, choir tour participants, athletes, and others who must miss a class for participating in a college sanctioned event are expected to notify me in advance and complete work including tests in advance of the absence. It is the student's responsibility to communicate with me in advance regarding an absence and determine a schedule for makeup work.

Disclaimer:

This syllabus is representative of materials that will be covered in this class; it is not a contract between the student and the institution. It is subject to change without notice. Any potential exceptions to stated policies and requirements will be addressed on an individual basis and only for reasons that meet specific requirements.

COURSE REQUIREMENTS

1. **Attendance and Participation**

   Attendance and active participation (including discussion) in scheduled classes, meetings, and activities is **required**. Personal illness may occur and occasionally there are family emergencies due to illness or death of a relative. These are legitimate reasons for missing a class. However, if you are going to miss a scheduled class I need to be personally contacted by you. This includes notification regarding any college sanctioned events. Your promptness to class is appreciated. Our tutorials are a time when you can learn, share, and grow, therefore attendance at all sessions is viewed as one of the course requirements for which you are responsible just as they are responsible for taking and passing tests, giving presentations, writing papers and completing additional appropriate assignments, which are designed to assess the competence in the subject matter. Assignments will not be accepted after the due date unless the instructor has given prior permission. **20 Points**

2. **Tutorial sessions**

   Students and instructor will be mutually responsible for learning. I will carefully coordinate learning activities, share ideas on relevant topics, and serve as a resource person. The primary responsibility for individual learning rests with you, the student. Bring the textbook, class handouts, and other pertinent materials to each tutorial session. It is necessary to read the chapter prior to each session in order for meaningful discussion to take place. Keep all handouts and pertinent materials in a three ring binder.

3. **Electronic Portfolio of Assignments, Lesson Plans and Projects:** Type all assignments and keep electronic files in an electronic portfolio to be submitted at the Mid-term and Final session due dates. Assignments will include the weekly chapter reflection exercises, essay questions and case study responses, and all assigned exercises**.** Compile a course binder of any printed handouts, papers, assignments and documents.

Grade Range:

	B+ = 87-89%	**C+ = 77-79%**	**D+ = 67 – 69%**
A = 95-100%	**B = 84-86%**	**C = 74-76%**	**D = 65 – 67%**
A- = 90-94%	**B- = 80-83%**	**C- = 70-73%**	**F = Below 65**

ASSIGNMENTS

All assignments to be typed, dated, named and show the course number. Late assignments are only accepted with instructor's prior approval. Handouts, answers to discussion questions, case studies, and any additional work are to be collated in an electronic portfolio. Any additional course printed materials are to be collated in a binder to be submitted for grading at prior to the mid-term break and during the final week. Points are assigned for participation and attendance.

ELECTRONIC PORTFOLIO

Compile a portfolio of all assignments and essay questions. Submit for grading at the Midterm and last week of the semester.

1. **WEEKLY CHAPTER ASSIGNMENTS: Read each Chapter and complete the following exercises. Write using complete sentences or short essay answers. Date and include the chapter, page number and title for each assignment. Chapter assignments are due by noon every Wednesday.**
   - **Pause for Reflection Exercise**– respond to **one** pause to reflect exercise in each chapter. Complete the questions related to reflection.
   - **Reality Checks** - respond to **one** of the reality check case studies in each chapter. Answer the discussion questions.
   - **To Go Beyond** – Answer **one** Chapter Review Critical Thinking question per chapter
   - **Case Studies** – Select and respond t**o one** case study per chapter.

   20 Points x 16 Chapters = 320 Points

2. **Newspaper Media Research: Power Point Presentation** Select and share a **3** media newspaper articles one each related to *health, *safety and *nutrition issues in the news. Make a power point presentation to show what the articles reported and type a caption to show why you selected the article. This may be in the form of a power point or a poster. **15 Points**

3. **Lesson Plans: Teaching Children's Health, Safety and Nutrition Practices**
   Write **three** lesson plans using the provided template designed to teach early childhood students about of each of the following topics – **health, safety and nutrition**. Topics may include: fire safety, germs and prevention of illness; hand washing; dressing appropriately for the weather; dental health; safety in cars; pedestrian safety; poison prevention; a health lesson to teach good eating habits through a simple exercise which would actively involve share in a group food activity and eating the results

   3 x 20 Points = 60 Points

4. **One Day Meal Plan Feeding Toddlers and Young Children** Design a one day meal plan for preschooler. Explain the nutritional values of your plan. **10 Points**

5. **Web Site Review, Critique and Summary:** Research current nutritional, health and safety guide lines. Select **six** web sites with information and activities for parents, children and teachers. Critique the sites and submit the links. **10 Points**

6. **Research Article:** Find a research article about health, safety or nutrition. Write a summary of the main ideas and a critique the article, state why you selected the article, the interesting facts and how it adds to your understanding of Health Safety and Nutrition for Early Childhood teaching. **20 Points**

7. **Attendance and Participation** **15 Points**

TOTAL = 450 POINTS

HEALTH, SAFETY, AND NUTRITION TENTATIVE COURSE SCHEDULE

This schedule is subject to change. The instructor reserves the right to adjust the content. Bring text to all discussion sessions. **Safety, Nutrition and Health in Early Education** Cathie Robertson. 4th Edition, ISBN: 1-4283-5293-7. **Tutorial Meetings: ROE 131J 3:00 to 3:50PM Monday and Wednesday - Assignments are due by noon on Wednesdays.**

DATE	DISCUSSION TOPIC	PRIOR TO CLASS
Week 1 17th & 19th January	**Section I: Course Introduction – Objectives** **Chapter 1: A Holistic Environmental Approach to Safety, Nutrition and Health in Quality Early Childhood Education Environments** **Due Date: Chapter 1 Assignments** **Chapter assignments are due noon every Wednesday.**	**Chapter 1** Read and review exercises prior to class. Be prepared to discuss selected topics at tutorial meetings.
Week 2 24th & 26th January	**Section II: Safety in Early Childhood** **Chapter 2: Creating Safe Environments for Childhood Education** **Due Date: Chapter 2 Assignments**	**Chapter 2**
Week 3 31st Jan & 2nd February	**Chapter 3: Indoor Safety** **Due Date: Chapter 3 Assignments** **Due Date Assignment: Web Site Review, Critique and Summary:** Research current nutritional, health and safety guide lines. Select **six** web sites with information and activities for parents, children and teachers. Critique the sites and submit the links.	**Chapter 3**
Week 4 7th & 9th February	**Chapter 4: Outdoor Safety** **Due Date: Chapter 4 Assignments** **Due Date Assignment: LESSON PLAN #1 Write a lesson plan to teach young children about a SAFETY related topic.**	**Chapter 4**
Week 5 14th & 16th February	**Chapter 5: Emergency Response Procedures for Early Childhood Education Environments** **Due Date: Chapter 5 Assignments**	**Chapter 5**

Week 6 21st & 23rd February	**Section III: Nutrition in Early Childhood** **Chapter 6: Basic Nutrition in Early Childhood Education Environments** **Due Date: Chapter 6 Assignments** **Due Date Assignment: LESSON PLAN #2 Write a lesson plan to teach young children about a NUTRITION related topic.**	**Chapter 6**
Week 7 28th February & 2nd March	**Chapter 7: Protecting Good Nutrition in Early Childhood Education Environments** **Due Date: Chapter 7 Assignments** **Due Date: Electronic Portfolio Chapters 1-7**	**Chapter 7**
Week 8 7th & 9th March	**Chapter 8: Providing Good Nutrition in Early Childhood Education Environments** **Due Date: Chapter 8 Assignments**	**Chapter 8**
Week 9 14th & 16th March	**SPRING BREAK: 14th to 18th March**	
Week 10 21st & 23rd March	**Chapter 9: Menu Planning and Food Safety in Early Childhood Education Environments** **Due Date: Chapter 9 Assignments** **Due Date: One Day Meal Plan Feeding Toddlers and Young Children** Design a one day meal plan for preschooler. Explain the nutritional values of your plan.	**Chapter 9**
Week 11 28th & 30th March	**Section IV: Health in Early Childhood** **Chapter 10: Promoting Good Health for Quality Early Childhood Education Environments** **Due Date: Chapter 10 Assignments** **Due Date: Research Article:** Find a research article about health, safety or nutrition. Write a summary of the main ideas and a critique the article, state why you selected the article, the interesting facts and how it adds to your understanding of Health Safety and Nutrition for Early Childhood teaching.	**Chapter 10**
Week 12 4th & 6th April	**Chapter 11: Tools for Promoting Good Health in Children** **Due Date: Chapter 11 Assignments** **Due Date Assignment: LESSON PLAN #3 Write a lesson**	**Chapter 11**

	plan to teach young children about a HEALTH topic.	
Week 13 11th & 13th April	**Chapter 12: Prevention of Illness in Early Childhood Education Environments Through Infection Control** **Due Date: Chapter 12 Assignments**	**Chapter 12**
Week 14 18th & 20th April	**Chapter 13: Supportive Health Care in Early Childhood Education** **Due Date: Chapter 13 Assignments** **Due Date: Newspaper Media Research: Power Point Presentation** Select and share a 3 media newspaper articles one each related to *health, *safety and *nutrition issues in the news. Make a power point presentation to show what the articles reported and type a caption to show why you selected the article. This may be in the form of a power point or a poster.	**Chapter 13**
Week 15 27th April	**EASTER BREAK 22ND APRIL – 26TH APRIL** **Section IV: Current Issues in Early Childhood Education, Safety, Nutrition, and Health** **Chapter 14: Child Maltreatment** **Chapter 15: Child with Disabilities and Other Special Needs** **Due Date: Chapter 14 & 15 Assignments**	**Chapter 14 & Chapter 15**
Week 16 2nd & 4th May	**Chapter 16: Creating Linkages** **Due Date: Chapter 16 Assignments** **Due Date: Submit Electronic Portfolio Chapters 1-16**	**Chapter 16**
Week 17 9th May	**EXAM WEEK - Study Day Monday 9th May**	