



## ECED-113 – Health, Safety and Nutrition

### Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2025-04-01

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**Program Area:** Child Youth and Family Studies

#### **Description:**

This course focuses on the important aspects of health, safety, and nutrition in the early childhood setting. Topics explored include introduction to field trip and menu planning; the promotion and modeling of a healthy, safe environment; personal hygiene; standards of cleanliness; preventing the spread of communicable diseases; and supporting the management of chronic health conditions.

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#### **Program Information:**

ECED 113 is a required course for the Child, Youth, and Family Studies Program: Early Childhood Education Specialty.

**Delivery Methods:** On-campus (Face-to-Face), Online

**Credit Type:** College of the Rockies Credits

**Credits:** 3

#### **Instructional Activity and Hours:**

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	45
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**Course Requisites:**

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
  - [ENFP 12](#) – English First Peoples 12
  - [ENST 12](#) – English Studies 12
  - [ENGL090](#) – English – Provincial Level

**Flexible Assessment:** Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

**Textbook Resources:**

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

*BC early learning framework* (2018). Ministry of Health and MCFD.

Community Care and Assisted Living Act. (2007) *Community care facilities licensing regulation*. Victoria, BC: Queens Printer.

Early Childhood Educators of BC. (2001) *Code of ethics*. (5th ed). Vancouver BC: ECEBC.

Haig, J., Raikes, G., & MacMillan, V. (2018). *Cites and sources: An APA documentation guide* (5th ed). Toronto, Ontario: Nelson Publishing.

Leduc, D.(Ed). (2015) *Well beings: A guide to health in child care* (3rd Edition Revised). Ottawa, Ont.: Canadian Pediatric Society.

*Please see the instructor's syllabus or check COTR's online text calculator*  
<https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

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## Learning Outcomes:

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

- plan nutritious foods consistent with all the principles of meeting nutritional needs including a culturally diverse perspective and special nutritional needs/considerations;
- demonstrate the principles of food storage, preparation, cooking and serving;
- recognize common childhood illnesses and identify preventative measures;
- create and maintain a safe and healthy environment for young children;
- assess, manage, document and report illness, injuries and any other critical incident;
- create policies and procedures for maintaining healthy/safety standards;
- create policies and procedures for emergency procedures and critical incidents;
- demonstrate universal precautions and model healthy practices;
- explore the management of a number of chronic health conditions;
- define child abuse and understand the role of the Early Child Educator in dealing with reporting protocols;
- plan safe, age appropriate field trip experiences for young children;
- examine regulatory framework including licensing regulations;
- recognize professional accountability and ethics; and
- facilitate and promote feelings of safety and security by promoting self-acceptance and self-value.

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## Course Topics:

- Menu Planning for Diversity
- Food Safety
- Communicable Diseases
- Fire Safety
- Chronic Health Conditions
- Healthy and Safe Environment
- Healthy and Safe Practices
- Incident Reports
- Freedom of Information and Privacy Regulations

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face) and Online, or Hybrid

Assessment Type	% of Total Grade
Emergency Plan	10%
Illness Policy	10%
Menu Plan	10%
Chronic/Medical Health Conditions Presentations	10%
Snack Time Plan	10%
Activities	30%
Quiz	20%
Total	100%

## Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

### Evaluation Notes Comments:

Note: Any student who misses a scheduled in-class activity will be given a grade of "0" for the activity.

### Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

### Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance

- Policy 2.5.3 Grade Appeal
  - Policy 2.4.9 Student Concerns Re Faculty
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**Course Changes:**

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.