

1988-89

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF  
EARLY CHILDHOOD DEVELOPMENT

CD102

Health, Nutrition and Safety

GRANDE PRAIRIE REGIONAL COLLEGE

CD102

HEALTH & NUTRITION

COMPETENCIES

1

Students will be able to plan a safe environment for young children.

2

Students will be able to identify and know how to provide for the physical health needs of young children in early childhood programs.

3

Students will be able to identify and know how to provide for the nutritional needs of infants and young children.

4

Students will know how to plan menus and provide nutritional experiences in early childhood programs.

5

Students will know methods of educating young children in good health practices.

Students will be able to plan a safe environment for young children.

Learning Tasks:

1. Discuss considerations due to age which affect the safety of the child's environment.
2. Become familiar with the fire regulations in Alberta pertaining to young children in group care. Discuss fire safety training. Draw an evacuation plan for your field placement centre.
3. Evaluate equipment and environment for safety using a checklist. List safety rules for equipment. Discuss safety in community situations.
4. Identify poisonous plants and products in the child's environment. Practice first aid measures in role-playing situations.
5. Discuss methods necessary to ensure a safe environment. Include the issue of restrictions vs. exploration.

Students will be able to identify and know how to provide for the physical health needs of young children in early childhood programs.

Learning Tasks:

1. Through films, readings and discussion learn how to identify common infectious diseases.
2. Learn how to recognize signs of common injuries.
3. Design a chart outlining the symptoms and treatment of the following common childhood diseases and illnesses:
  - a) chickenpox
  - b) red measles
  - c) rubella
  - d) mumps
  - e) excema
  - f) impetigo
  - g) scabies
  - h) lice
  - i) pink eye
4. Practice procedures for handling illness and accidents.

Students will be able to identify and know how to provide for the nutritional needs of infants and young children.

Learning Tasks:

1. Review the role of nutrition by looking at the four food groups and relating them to growth and energy.
2. Practice identifying nutrient content of a variety of foods. Analyze the nutrient content of the three snacks you prepare for Competency 4.
3. Research a controversial health issue. Hand in a fact sheet which states the pros and cons of the issue. Be prepared to share your information with the rest of the class. Some topics might include:
  - the use of food additives
  - vegetarianism
  - fluoridation of drinking water
  - breast-feeding vs. formula
  - jogging
  - fluorescent lighting

Students will know how to plan menus and provide nutritional experiences in early childhood programs.

Learning Tasks:

1. Learn the daily food requirements for infants and young children.
2. Plan and carry out at least three nutritional snacks with the children in your field placement situation. Include a small group of children. Assess the activity.
3. Plan a week's menu for day care. Consider different ages, foods from a variety of cultural backgrounds and food appeal.
4. Plan a day's menu for a child with a special diet need. (vegetarian, obeseness, allergic, vitamin deficient, hyperactivity, religious and ethnic restrictions)

Students will know methods of educating young children in good health practices.

Learning Tasks:

1. Study the effects of physical fitness on health. Discuss:
  - a) the 5 major components of physical fitness;
  - b) society's change in attitude toward physical fitness; and
  - c) the importance of developing in young children a positive attitude towards fitness.
2. Study the effects that T.V. advertising has on a young child's attitude toward health & nutrition.
3. Design an experience in safety, health, or nutrition to integrate with other program areas. Use books, filmstrips, songs, science experiments, etc. to promote a positive attitude toward health. Clarify the other program areas which are integrated in the experience. Carry out the activity with a small group of children and share the experience with the class.