

**Spokane Falls Community College**  
**COURSE LEARNING OUTCOMES AND OUTLINE**

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**Prefix and Course Number**  
**Course Title**

**ECED& 107**  
**Health/Safety/Nutrition**

**Version Date: 11/6/18**

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**Course Learning Outcomes:**

1. Describe federal and state-mandated health, safety, and nutrition practices.
2. Identify indicators of illnesses/ infectious diseases and steps to prevent the spread of them.
3. Outline safety procedures for providing emergency and daily care.
4. Evaluate program safety policies.
5. Describe food programs and practices that support the development of children.
6. Create examples of developmentally appropriate and culturally responsive health, safety, and nutrition education materials and activities.
7. Describe the responsibilities of mandated reporters.
8. Develop strategies for working with culturally, linguistically, and ability diverse families in accessing health, nutritional, and dental services.

**Course Outline:**

- I. Federal and state-mandated health, safety, and nutrition practices
  - A. Regulations regarding health and safety
  - B. Laws pertaining to children and families
- II. Illnesses/infectious diseases and steps to prevent the spread of them
  - A. Basic childhood illnesses
  - B. Parent policies
  - C. Sanitary inside and outside environments
- III. Safety procedures for providing emergency and daily care
  - A. Procedures for fires and other emergencies
  - B. Emergency illness and injury procedures
  - C. Environments and procedures to prevent and reduce hazards and injuries
- IV. Program safety policies
  - A. Facility assessment for licensing and accreditation
  - B. Prevention strategies and emergency procedures for illness and injury
  - C. Equipment, furniture and materials are appropriate size and type for the ages and developmental abilities
- V. Food programs and practices
  - A. Current theory, research and policy on daily nutritional guidelines
  - B. Culturally responsive meal planning, service, and modeling
  - C. Program's nutritional plan and practices
- VI. Developmentally appropriate and culturally responsive health, safety, and nutrition education materials and activities
  - A. Activities across various developmental domains and curricular areas

- B. Activities emphasizing healthy bodies, healthy lifestyles and a healthy environment

VII. Responsibilities of mandated reporters

- A. Mandated reporter role for child abuse and neglect

- B. Emotional distress, abuse and neglect – indicators and responsibility

VIII. Culturally, linguistically, and ability diverse families

- A. Community agencies providing assistance for infants, toddlers and families

- B. Family communication and shared resources