

# Northern Marianas College

## CURRICULUM ACTION REQUEST

**Course:** ED082 Basic Intro to Safety, Nutrition, & Health in Early Childhood

**Effective Semester / Session:** Fall 2023

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** ED082

**Course Title:** Basic Introduction to Safety, Nutrition, & Health in Early Childhood Education

**Reason for initiating, revising, or canceling:**

This course guide is being created to meet the requirements for the Certification of Completion in Early Childhood Education.

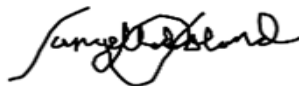
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05.16.23

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May 26, 2023

**Interim Dean of Academic Programs & Services**

**Date**

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**Course:** ED082 Basic Intro to Safety, Nutrition, & Health in Early Childhood

### 1. Department

School of Education

### 2. Purpose

The purpose of this course is to introduce prospective teachers and staff in the Early Childhood Education field to basic knowledge, skills, and guidance in ensuring high-quality nutrition, health services, food allergies, oral hygiene, and the prevention of infectious diseases. It offers students information on implementing strategies that promote best practices in this field as well as safety practices in both indoor and outdoor environments from infancy through young children.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required:

Marotz, L. R. *Health, Safety, and Nutrition for the Young Child*. Latest Edition  
Cengage Learning Inc.

Recommended: None

#### B. Contact Hours

1. **Lecture:** 45 per semester
2. **Lab:** None
3. **Other:** None

#### C. Credits

1. **Number:** 3
2. **Type:** Non-Degree Units

#### D. Catalog Course Description

This course is a requirement for the Certificate of Completion in Early Childhood Education. This course emphasizes strategies to promote nutrition, health, and safety of infants and young children in early childhood settings. This includes strategies that promote best practices in nutrition and overall health while designing developmentally appropriate learning environments (Semester offered varies by academic year).

#### E. Degree or Certificate Requirements Met by Course

This is a required course for the Certification of Completion in Early Childhood Education.

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### **F. Course Activities and Design**

This course is designed to incorporate lectures, readings, forums, in-class activities, demonstrations, topic discussions, student participation, assigned projects, collaboration and engagement.

### **4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: None

Concurrent Course Enrollment: None

### **Required English/Mathematics Proficiency Level(s)**

English Placement Level: EN085

Mathematics Placement Level: None

### **5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 3-credit hour non-degree course, cost of the textbook, and any applicable fees.

Cost to the College: Instructor's salary and/or any additional costs to NMC.

Instructional resources needed for this course include: internet, projector, whiteboard and markers.

### **6. Method of Evaluation**

Students will be evaluated on the basis of forums, in-class activities, demonstrations, topic discussions, student participation, assigned projects, collaboration and engagement. NMC's grading and attendance policies will be followed.

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### 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Child Nutrition, Food Safety, Dietary Guidelines, & Food Allergies
- 2.0 Prevention and Early Intervention of Child Illnesses & Infectious Diseases
- 3.0 Observing and Reporting Suspected Child Illnesses & Infectious Diseases
- 4.0 Basic Health & Oral Hygiene
- 5.0 Social and Emotional Health and Well-Being
- 6.0 Identifying & Reporting Suspected Child Abuse & Neglect
- 7.0 Infant and Child Safety for Indoor & Outdoor Areas
- 8.0 Emergency Preparedness & Universal Precautions
- 9.0 Creating Healthy Habits for Nutrition, Health, Safety, & Ongoing Monitoring

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**8. Instructional Goals**

The course will introduce students to:

- 1.0 An overview of nutrition, health, and safety for infants and young children;
- 2.0 Creating healthy habits in nutrition, hygiene, and emotional competence;
- 3.0 The importance of infant and child safety within their environment; and
- 4.0 Strategies and techniques used in promoting children's overall safety and wellness.

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**9. Student Learning Outcomes**

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

- 1.0 Describe the food safety, dietary guidelines, and food allergies for young children;
- 2.0 Identify signs and symptoms of common early childhood illnesses and infectious diseases;
- 3.0 Describe basic physical and mental well-being of young children;
- 4.0 Explain indoor and outdoor safety rules and guidelines for young children;  
and
- 5.0 Describe safety and emergency preparedness in the classroom.

**10. Assessment Measures of Student Learning Outcomes**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Forums;
- 2.0 Quizzes;
- 3.0 Assignments; and
- 4.0 Projects.






# ED082 Fall 2023

Final Audit Report

2023-05-26

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