

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**ECHD 195 Nutrition, Health, and Safety for the Young Child**

**I. Basic Course Information**

A. Course Number and Title: ECHD 195 Nutrition, Health, and Safety for the Young Child

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2022

**D. Effective Term: Fall 2023**

E. Sponsoring Department: HSSE

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: 3                      Lecture: 3  
Laboratory:  
Out of class student work per week: 6

H. ☐ Prerequisite (s):  
☐ Corequisite (s):  
☐ Prerequisite (s) and Corequisite (s):

I. Additional Fees: None

J. Name and E-Mail Address of Department Chair and Divisional Dean at time of approval:

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Dr. Isabel Gutierrez-Bergman ([Isabel.Gutierrez@raritanval.edu](mailto:Isabel.Gutierrez@raritanval.edu))

Dr. Patrice Marks ([Patrice.Marks@raritanval.edu](mailto:Patrice.Marks@raritanval.edu))

**II. Catalog Description**

Health and safety are the primary concerns of parents and child care providers. The National Association for the Education of Young Child recommends that childcare professionals demonstrate competency in the 5 standards produced by the NAEYC. New Jersey State Department of Human Services requires education and training in health and safety for Group Teacher Certification. Nutrition, Health and Safety will meet the need stated by the core curriculum in the Early Childhood Education Program.

### **III. Statement of Course Need**

- A. This course is required for the Early Childhood AAS Degree Program and the Early Childhood Certificate Program.
- B. This course generally transfers as a free elective dependent on the transfer institution.
- C. This course generally transfers as an early childhood degree or certificate program elective dependent on the transfer institution.

### **IV. Place of Course in College Curriculum**

- A. Free Elective
- B. This course meets a program requirement for the Early Childhood AAS Degree Program and the Early Childhood Certificate Program.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

### **V. Outline of Course Content**

- A. Promoting Children's Health
  - 1. Children's well-being
  - 2. Daily health observations/assessment
  - 3. Caring for special needs
  - 4. Infectious process/Environmental control
- B. Keeping Children Safe
  - 1. Creating high-quality environments
  - 2. Safety management
  - 3. Injuries and acute illness
  - 4. Abuse/Neglect
  - 5. Planning for children's health and safety education
- C. Foods and Nutrients: Basic Concepts
  - 1. Nutrition guidelines
  - 2. Nutrients that provide energy (carbohydrates, fats, protein)
  - 3. Nutrients that promote growth and regulate body functions
- D. Nutrition and the Young Child
  - 1. Feeding infants
  - 2. Feeding toddlers and young children
  - 3. Planning and serving nutritious and economical meals
  - 4. Food safety
  - 5. Nutrition Education: Rationale, concepts, and lessons

### **VI. A. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Determine the developmental characteristics of the child from pre-birth through 8 years of age in the 4 domains of the child. (GE-1)
2. Identify and critically evaluate information of recommended best practices as they relate to the caregiver and programs in early childhood education. (GE 1)
3. Identify and explain the health, safety, and nutrition in early childhood classroom and programs. (GE-1)
4. Compare and contrast major perspectives of instructional methodologies and their relationship to health, safety, and nutrition planning for the young. (GE1)

**B. Assessment Instruments**

1. formal/informal observation reports
2. research papers
3. demonstration/lessons
4. essays
5. journals
6. portfolio artifacts
7. exams

**VII. Grade Determinants**

- A. essays/research papers
- B. projects/observational reports
- C. tests
- D. presentations/lessons

Primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. computer-assisted instruction
- C. student oral presentations
- D. simulation/role playing
- E. student collaboration
- F. independent study

**VIII. Texts and Materials**

- A. Text: Marotz, L. R. (2015) *Health, Safety, and Nutrition for the Young Child*. (9<sup>th</sup> Ed.) (Cengage: Stamford, CT).
- B. interviews
- C. peer-reviewed articles/sources
- D. film and video clips

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

#### **IX. Resources**

- A. Textbooks
- B. Charts
- C. Audio
- D. Visual Aids
- E. Selected Periodicals
- F. [www.naeyc.org](http://www.naeyc.org)
- G. [www.njccs.org](http://www.njccs.org)

#### **X. Honors Options [if relevant]**

N/A