



## ECE 113: Health, Safety, and Nutrition in Early Childhood Environments

The course promotes an understanding of health and safety factors in both the physical and social-emotional areas. Topics such as sanitation, infectious disease control, food preparation, classroom safety, and the safety of the facility itself form part of the physical aspect. Topics related to the emotional wellbeing and protection of children from abuse, neglect, isolation, and biases make up the social-emotional area. Students have the opportunity to discuss the strengths and weaknesses regarding the promotion of health and safety protocols and procedures within learning environments. Special attention is placed on strategies to enhance communication and collaboration with families to promote optimal child wellness within their community. Three lecture hours per week. Gen. Ed. Competencies Met: Multicultural and Social Perspectives.

### Course Student Learning Outcomes

1. Demonstrate the interrelationship between health, safety, and nutrition through the lens of socioeconomic status, culture, and neighborhoods. 2. Describe ideas and strategies promoting positive social and emotional well-being. 3. Identify characteristics of safe quality environments including physical environment and policies. 4. Identify nutritional concepts and feeding practices that are appropriate for the young child. 5. Explain the basic concepts of health, safety, and nutrition to children and families.

**Credits:** 3

**Program:** Early Childhood Education