

CAP Course Outline Recommendations
Health, Safety and Nutrition (Revised March 2021)

Course Description:

Laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in care and education settings for children birth through middle childhood. Includes the teacher's role in prevention strategies, nutrition and meal planning, integrating health safety and nutrition experiences into daily routines, and overall risk management.

Student Learning Outcomes:

1. Describe strategies used to promote the health, safety, and nutrition of children and adults in care and education settings.
2. Evaluate environments for both positive and negative impacts on children's and adults' health and safety.
3. Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in care and education settings.

Objectives:

1. Define the broad concepts of health, safety, and nutrition.
2. Identify laws and regulations related to health, safety, and nutrition.
3. Identify health and safety risks in care and education settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Describe culturally responsive strategies for partnering with families and the community in support of a healthy and safe environment for children.
6. Explore community resources available to support children and families.
7. Apply the recommendations for children's nutrition to the development of healthy and economical meals and snacks based on the age and individual needs of children.
8. Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition.

Course Content and Topics:

1. **Interrelationships Between Health, Safety, and Nutrition for Children Birth Through Middle Childhood**
 - a. Defining physical and mental health
 - b. Defining safety
 - c. Defining nutrition
2. **Laws, Codes, Regulations, and Policies**
 - a. Fire and health codes
 - b. Title 22
 - c. Title 5
 - d. Emergency Medical Services Authority
 - e. Local requirements
 - f. Food programs

CAP Health, Safety and Nutrition (cont'd)

- g. Child abuse and neglect
 - i. Mandated reporting
 - ii. Prevention strategies
 - iii. Community resources

3. Safety Management

- a. Safe environments
- b. Accommodations for special needs
- c. Injury prevention and care
- d. Emergency preparedness response and recovery
- e. Car seats

4. Health Management

- a. Universal precautions
- b. Daily health check
- c. Food safety
- d. Communicable diseases
- e. Infectious process
- f. Illness and exclusion policies
- g. Common health issues such as pink eye, lice, runny nose
- h. Chronic and acute illnesses such as allergies, mental health, obesity
- i. Sleeping and napping
- j. Diapering and toileting
- k. Health assessment tools
- l. Staff safety and well being
 - i. Risk management
 - ii. Employee policies
 - 1. Physical health
 - 2. Mental health

5. Teachers and Caregivers Roles

- a. Teachers as role models of best health, safety, and nutrition practices
- b. Collaboration with families and other professionals to promote health, safety, and nutrition
- c. Communication
 - i. Families
 - ii. Other health professionals
- d. Community resources for children and families at risk
 - i. Homelessness
 - ii. Foster care/child welfare
 - iii. Incarceration
 - iv. Trauma and abuse
 - v. Medically fragile

6. Meals and Snacks

CAP Health, Safety and Nutrition (cont'd)

- a. Nutrition guidelines
 - b. Diet analysis
 - c. Mealtime policies and regulations
 - d. Menu planning
 - e. Budgeting
 - f. Culture, traditions, and family choices
 - g. Allergies and food sensitivities
 - h. Special feeding needs
 - i. Sanitary food handling
- 7. Planning Learning Experiences in Health, Safety, and Nutrition**
- a. Developmentally sound practices
 - b. Cultural, linguistic, and developmental differences of families, teachers, and children
 - c. Learning opportunities integrated during daily routines
 - d. Physical fitness
 - e. Use of instructional technology
 - f. Accommodations for children with special needs