**Health, Safety and Nutrition**

# Subject Code: 350230

Students will establish and maintain a physically and emotionally safe and healthful environment for young children. They will learn skills in first aid and CPR, identify signs and symptoms of common health issues and diseases, and develop meal and snack menus appropriate for young children of different ages and stages of development. The effects of nutrients on children’s growth and development will also be emphasized.

# Outcome 1.1. Employability Skills

Develop career awareness and employability skills (e.g., face-to-face, online) needed for gaining and maintaining employment in diverse business settings.

# Competencies

1.1.12. Identify healthy lifestyles that reduce the risk of chronic disease, unsafe habits and abusive behavior.

# Outcome 1.2. Leadership and Communications

Process, maintain, evaluate and disseminate information in a business. Develop leadership and team building to promote collaboration.

# Competencies

1.2.1. Extract relevant, valid information from materials and cite sources of information (e.g., medical reports, fitness assessment, medical test results).

# Outcome 1.3. Business Ethics and Law

Analyze how professional, ethical and legal behavior contributes to continuous improvement in organizational performance and regulatory compliance.

# Competencies

* + 1. Analyze how regulatory compliance affects business operations and organizational performance.
    2. Follow protocols and practices necessary to maintain a clean, safe and healthy work environment.

1.3.5. Access and implement safety compliance measures (e.g., quality assurance information, safety data sheets [SDSs], product safety data sheets [PSDSs], United States Environmental Protection Agency [EPA], United States Occupational Safety and Health Administration [OSHA]) that contribute to the continuous improvement of the organization.

# Outcome 1.4. Knowledge Management and Information Technology

Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in business operations.

# Competencies

1.4.3. Verify compliance with security rules, regulations and codes (e.g., property, privacy, access, accuracy issues, client and patient record confidentiality) pertaining to technology specific to the industry pathway.

# Outcome 1.8. Operations Management

Plan, organize and monitor an organization or department to maximize contribution to organizational goals and objectives.

# Competencies

1.8.8. Identify routine activities for maintaining business facilities and equipment.

# Outcome 2.3. Professionalism

Model behaviors of professional educators, maintain needed licenses or certifications, and advance needed skills to exhibit a desire to contribute to professional growth and development.

# Competencies

2.3.6. Explain the relationship between educational negligence and liability, and describe protections against liability.

# Outcome 2.4. Operational Responsibilities

Recognize and fulfill the day-to-day tasks that support teaching and learning.

# Competencies

2.4.2. Complete and maintain up-to-date records (e.g., incident reports, gradebooks, immunization records).

2.4.5. Determine the nature of needed documentation and paperwork, and complete them according to protocol.

# Outcome 3.1. Growth and Development Theories

Apply the theoretical foundations of human growth and development that can enhance work with learners.

# Competencies

3.1.2. Explain developmental stages and milestones.

# Outcome 3.3. Physical Growth and Development

Apply physical growth and development principles to develop a holistic picture of a learner.

# Competencies

* + 1. Describe the milestones of physical growth and development.
    2. Determine learners’ physical development stages and milestones.
    3. Analyze strategies to support learners’ physical growth and development.

3.3.6. Organize structured activities to promote learners’ health.

# Outcome 3.8. Learner Characteristics

Select educational services aligned to learner characteristics.

# Competencies

3.8.3. Identify types of accommodations and modifications that support learners’ social, emotional, cognitive and physical growth.

# Outcome 4.1. Safe Environments

Establish and maintain a physically and emotionally safe environment for learners, staff, administrators and volunteers.

# Competencies

* + 1. Ensure a safe learning environment.
    2. Follow established first aid and CPR protocols for addressing medical emergencies.
    3. Develop and follow emergency action plans.
    4. Design, maintain, and modify the classroom layout to create a safe environment.
    5. Identify staff or agencies needed to resolve safety issues or violations.
    6. Identify the signs, symptoms and impact of physical and mental abuse; and adhere to reporting protocol.
    7. Recognize signs of drug or alcohol abuse, and adhere to reporting protocol.
    8. Identify resources, organizations and agencies committed to assisting victims of physical and/or mental abuse.
    9. Identify restraint-training techniques, the impact of initiating them and follow protocol.
    10. Identify foods and objects that may cause choking in learners.

# Outcome 4.2. Healthy Environments

Establish, implement, and monitor practices and conditions to promote health.

# Competencies

* + 1. Model appropriate cleanliness and hygiene practices.
    2. Maintain a sanitary environment by following appropriate policies and procedures.
    3. Update and maintain health records according to protocol.
    4. Identify signs and symptoms of common childhood health issues and diseases.
    5. Follow established protocols for monitoring and reporting suspected cases of distress or communicable diseases.
    6. Implement procedures for administering physician’s orders or parent instructions when treating a learner with a medical condition.
    7. Integrate activities that promote healthy, active living.
    8. Collaborate with families to establish strategies for healthy lifestyles.

# Outcome 4.3. Nutrition

Establish and implement activities related to proper nutrition.

# Competencies

* + 1. Identify the role that nutrition plays in growth and development.
    2. Determine appropriate dietary guidelines for healthy meals or snacks.
    3. Identify nutritional needs of learners based on age and stage of development.
    4. Describe the effects of nutrients on health, appearance and peak performance.
    5. Identify barriers that prevent learners from obtaining proper nutrition.
    6. Implement strategies that promote healthy eating habits.
    7. Identify and adhere to special dietary needs of learners.
    8. Identify strategies to broaden learners’ food experiences.
    9. Develop menus for healthy meals and snacks.
    10. Explain the importance of social interaction for learners during snack and mealtimes.
    11. Document and report food-related concerns or incidents to a learner’s family.

# Outcome 4.4. Environmental Design

Create and maintain an environment to promote learning, encourage interaction and facilitate classroom management.

# Competencies

4.4.2. Analyze the impact of environmental factors on the learning environment.

4.4.6. Determine design principles and guidelines to create an inclusive learning environment.

4.4.8. Design the physical learning environment to address learner needs and abilities.

# Outcome 4.5. Responsive Environment

Establish and maintain a productive and respectful learning environment.

# Competencies

4.5.11. Establish and follow classroom routines.

# Outcome 4.6. Stakeholder Relationships

Establish and maintain productive relationships with family members, caregivers and community partners.

# Competencies

4.6.1. Describe the advantages and importance of family or caregiver involvement in learner development.

# Outcome 7.2. Observation

Administer formal observations to evaluate learners’ growth and development progress and to diagnose problems.

# Competencies

7.2.3. Screen learners’ overall health status, developmental strengths and weaknesses.