South Carolina State University  
Course Syllabus  
CD– 201-02 Early Childhood Education

Assistant Professor: Dr. Bessie Cooke  
Department: Family & Consumer Sciences  
School: Business and Applied Professional Sciences  
Course: CD 201.02 – Nutrition and Health of Infants and Young Children  
Office: 103 B Turner Hall (A Wing)  
Class Time: TR-9:30 a.m. – 10:15 a.m.  
Office Hours: Mon 2:30pm – 4:30pm  
Tues 8:30 a.m. - 9:30 a.m. & 11:00 a.m. - 12 noon  
Wed 3:00p.m. – 4:00p.m  
Thurs 8:30a.m – 9:30 a.m. & 11:00 p.m.-12:00 noon & 4:00 pm – 5:00 pm  
Contact Information:qbrailey@scsu.edu  
Telephone: 803.536.8793

Pre-requisite: CD 200: You must have passed CD 200 to enroll in CD 201

The following textbook must be purchased:  
Alban, NY: Delmar

I. Course Description  
This course includes basic information on personal, health, and safety issues. Attention is  
given to the essentials of safe and healthful living in the home, school, and community.  
Materials, methods, and techniques for teaching nutrition, health, and safety, including  
infant and child first aid and CPR will be emphasized. Participation in a school setting is  
required.

II. Rationale  
As the need for health, nutrition, and safety education increases, instruction in the area  
will provide an overview of the current status of the comprehensive school health  
program. The course will identify the nature and justification of such a program.  
Comprehensive school health programs that include instruction, services, and  
environmental phases play an important role in the promotion, prevention, and  
maintenance of student health.  
To provide students with a comprehensive overview of nutrition education, food, and  
nutrients, health education, health services, and the safe and healthful school  
environment, and coordination of the program.

III. Course Objective  
- Discuss the physical and emotional aspects of the healthful school environment  
- Recognize the implications of the state and federal policies regarding school health  
- Describe methods and materials in health education  
- Discuss evaluation of the school health program
• Classify foods according to the Food Guide Pyramid
• Estimate appropriate servings sizes of food for toddlers and preschoolers
• Identify teaching strategies that will promote good eating habits
• Identify the criteria for adequate menus for young children
• Explain how sanitation in food handling, preparation, and service affects food safety

IV. Course Competencies

At the conclusion of this course, students should be able to

• Identify aspects of physical school environment of preschool or day care that may be harmful to children’s health
• Discuss state policies as they pertain to the variety of different child care centers such as in-home child care or certified child care centers
• Discuss federal policies that impact health, safety, and nutrition within child care centers
• Develop a health and safety education curriculum appropriate for preschool children
• Develop a variety of health and safety education lessons for preschool children
• Evaluate health and safety education curriculum provided to preschool children
• Apply the principles of MYPyramid in developing a menu for preschool children
• Evaluate menus provided for preschool children in child care based on the principles of centers

V. Expected Measurable Outcomes

• Weekly In-Class/Homework Assignments (more information will be distributed in class)
• Professional Portfolio – each student is required to maintain a portfolio of information available to the public focusing on issues of health, nutrition and safety of young children
• Classroom Observation – students will spend time in preschool classroom conducting observations and participation in activities
• Menu Analysis – students will analyze preschool menu for one week

VI Outline of Course Content

<table>
<thead>
<tr>
<th>Date</th>
<th>Read Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/17</td>
<td>Introduction Chapter</td>
</tr>
<tr>
<td>1/24</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>1/31</td>
<td>Chapter 3 &amp; 4</td>
</tr>
<tr>
<td>2/8</td>
<td>Permission forms due</td>
</tr>
</tbody>
</table>
- Class Attendance – Students are expected to be in class. Absence from class deprives students from the opportunity to experience and contribute to the learning process. No make-up quizzes or class activities missed due to absence/tardiness will be permitted.
- Class participation – Active participation in class discussions, small group and other class activities using experiences, reading from text books, and other periodicals are expected. Each class member should feel a responsibility to the class and him/herself for contributing to this learning process.
- Submission of assignments – students are responsible for submitting work by the due date and time LATE WORK WILL NOT BE ACCEPTED FOR ANY REASON!

VII. Library Assignments

- During the semester, students will be required to identify picture books appropriate for preschool children (ages birth-5 years) that focus on aspects of health, safety, and nutrition education and present the prepared plans to the class.

VIII. Special Course Requirements

- Classroom observations – students must spend at least 15 hours total (approximately 1 hour each week) in the preschool classroom conducting observations and participating in activities (more information will be distributed in class)
- Pre-step forms and observation time logs should be submitted by April 25. Forms must be completed in their entirety. Forms that are incomplete will not be sent to the Education Department and students will not receive credit for their observation hours. Students will not receive credit for any observations completed if Time Logs are not submitted
IX. Method of Evaluation

Final grades will be assigned according to the following accumulation of points:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 exams (100 points each)</td>
<td>400</td>
</tr>
<tr>
<td>Professional Portfolio: Information Files (200 points each)</td>
<td>200</td>
</tr>
<tr>
<td>20 daily/Homework Assignments (10 points each)</td>
<td>200</td>
</tr>
<tr>
<td>3 observations (50 points each)</td>
<td>150</td>
</tr>
<tr>
<td>Menu Analysis</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1050</strong></td>
</tr>
</tbody>
</table>

X. Grading Scale

- A – 900 + points
- B – 800-899 points
- C – 700-799 points
- D – 600-699 points
- F- <600 points

XI. Bibliography /Suggested Reading


