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| Common Course Title: Health, Nutrition & Safety  Number of College Credits: 5  Common Course Number: ECED&107 |
| Common Course Description:  Develop knowledge and skills to ensure good health, nutrition, and safety of children in group care and education programs. Recognize the signs of abuse and neglect, responsibilities for mandated reporting, and available community resources. |

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| **Common Student Outcomes** | **Washington State Core Competencies** |
| 1. Describe appropriate policies to prevent illness in childcare settings, schools, and other programs. | V. Health, Safety, & Nutrition  - Knowledge of Regulations 1.d, 2.f, 3.a  - Environmental Safety 1.g  - Responding to Health Needs of Children 1.a, 1.b,1.c,1.d, 2.e, 2.g |
| 2. Describe appropriate safety policies that prevent and minimize accidents for both indoor and outdoor environments. | II. Curriculum & Learning  - Physical Development 1.g  V. Health, Safety, & Nutrition  - Knowledge of Regulations 1.f, 3.a  - Environmental Safety 1.a, 1.b, 1.d, 1.e, 2.a, 2.b, 3.a, 3.b |
| 3. Demonstrate skills in emergency first aid, food service, routine health and safety practices, and mandated reporting. | V. Health, Safety, & Nutrition  - Knowledge of Regulations 1.c, 1.h, 2.d  - Responding to Health Needs of Children 2.f, 2.g  - Nutrition 1.b, 1.e |
| 4. Describe the role of nutrition as it relates to development, licensing regulations for childcare, and government food programs. | V. Health, Safety, & Nutrition  - Environmental Safety 3.a, 3.b  - Nutrition 1.a, 1.h, 2.b, 2.d, 3.b |
| 5. Create developmentally appropriate health, safety, and nutrition education materials and activities. | II. Curriculum & Learning  - Physical Development 2.a, 2.d, 2.g  V. Health, Safety, & Nutrition  - Environmental Safety 2.d  - Responding to Health Needs of Children 2.c, 2.d, 2.h, 3.b, 3.c, 3.e, 3.f  - Nutrition 1.g, 3.e, 3.f |
| 6. Identify common indicators of illnesses/ infectious diseases and state appropriate steps to be followed. | V. Health, Safety, & Nutrition  - Knowledge of Regulations 3.a  - Responding to Health Needs of Children 1.g, 2.b, 3.a  - Nutrition 1.c |
| 1. Develop strategies for working with families in accessing and utilizing health, nutritional, and dental services. | IV. Family & Community Partnerships  - Community Resources 2.a, 3.a  V. Health, Safety, Nutrition  -Health Needs 3.c  -Nutrition 2.a, 3.g, |