




**Syllabus**  
**ECED 1260**  
**Early Childhood Health, Safety, & Nutrition**  
**2026**

**Committee Members:**

Jackie Zeckser & Taylor Brase, Central Community College  
N/A, Metropolitan Community College  
N/A, Mid-Plains Community College  
Connie Sixta, Northeast Community College  
Crystal Kozak, Southeast Community College  
N/A, Western Nebraska Community College  
Kweku Ocran, Little Priest Tribal College  
N/A, Nebraska Indian Community College

**Facilitator: Smantha Brown NDE / Taylor Brase**

**The Institution agrees to the contents in this syllabus including course prefix, number, course description and other contents of this syllabus.**

 Chief Academic Officer, Central Community College	02/12/2026	Adopt
 Chief Academic Officer, Little Priest Tribal College	02/13/2026	Adopt
 Chief Academic Officer, Metropolitan Community College	02/16/2026	Adopt
 Chief Academic Officer, Mid-Plains Community College	02/11/2026	Adopt
 Chief Academic Officer, Nebraska Indian Community College	02/16/2026	Adopt
 Chief Academic Officer, Northeast Community College	02/11/2026	Adopt
 Chief Academic Officer, Southeast Community College	02/20/2026	Adopt
 Chief Academic Officer, Western Nebraska Community College	02/18/2026	Adopt



## **I. CATALOG DESCRIPTION**

Course Number: ECED 1260  
Course Title: Early Childhood Health, Safety, and Nutrition  
Prerequisites: None

Catalog Description: This course addresses the interrelatedness of health, safety, and nutrition in the life of a young child, birth through age eight. Practices that assess and promote good health are introduced. Effective control of communicable diseases and acute illnesses found in the early childhood years, and early education settings is addressed. Safety management and the handling of child abuse and neglect are examined. Students learn appropriate nutritional guidelines and practices for planning meals and snacks in the classroom.

Credit Hours: 3.0 semester credit hours/3.0 quarter credit hours

## **II. COURSE OBJECTIVES/COMPETENCIES**

The course will:

1. Examine the interrelatedness of health, safety, and nutrition in early childhood development from birth through age eight within the early care and education setting.
2. Discuss common communicable diseases and illnesses often found in early care and education settings and effective control and management.
3. Explain the principles to implement in creating and managing a safe early care and education environment.
4. Explain the signs of child abuse and neglect and reporting procedures.
5. Explore educational experiences for teaching young children appropriate safety practices.
6. Discuss proper nutrition and nutritional practices in early care and education settings and the use of basic food safety and sanitation methods.

## **III. STUDENT LEARNING OUTCOMES**

Students will be able to:

1. Articulate how health, safety, and nutrition in early care and education setting affects children’s growth and development from birth to age eight.
2. Differentiate signs of common communicable diseases and illnesses and identify appropriate caregiver responses.
3. Develop a plan to prevent or minimize the spread of illness in the early care and education setting.
4. Create a plan for an early care and education setting that would include optimal health and safety conditions, indoors and outdoors, for children’s healthy growth and development.
5. Identify the signs of child abuse and neglect and review proper reporting procedures.
6. Develop complete nutritional menus that follow USDA guidelines for breakfast, lunch, and snacks in the early care and education setting.
7. Recognize appropriate policies for food safety and sanitization procedures that would be appropriate in early care and education setting.

#### **IV. COURSE CONTENT / TOPICAL OUTLINE**

- A. Healthy and Safe Early Childhood Environments – Indoor and Outdoor
- B. Early Childhood Chronic Conditions and Communicable Illnesses
- C. Nutrition in the Early Childhood Years
- D. Food Safety and Sanitization in Childcare Settings
- E. Child Abuse Signs and Reporting
- F. The Impact of Health, Safety, and Nutrition on Child Growth and Development

#### **V. INSTRUCTIONAL MATERIALS**

Suggested Texts: [This list of texts should be reviewed annually. The instructor may choose additional materials as supplements.]

Marotz, Lynn, Health, Safety, and Nutrition for the Young Child, Wadsworth/Cengage Learning, Current edition.

#### **VI. METHODS OF PRESENTATION / INSTRUCTION**

Methods of presentation typically include a combination of the following:

1. Technology enhanced lecture
2. Classroom discussions
3. Interactive group activities

4. Audio visual materials
5. Presentations by experts from the ECED industry

## **VII. METHODS OF EVALUATION**

Methods of evaluation, although determined by the individual instructor, traditionally includes a combination of the following:

1. Attendance and participation
2. Daily assignments
3. Written exams and/or quizzes
4. Performance and observational assessment

## **VIII. INSTITUTIONAL DEFINED SECTION**

*To be used at the discretion of each community college as deemed necessary.*