

SHORT COURSE DETAILS

1.0 **Name of Series**

Education Series

2.0 **Name of Course**

DECE 1073 Health, Safety and Nutrition for Young Children - Diploma
BECE 1044 Health, Safety and Nutrition for Young Children - Bachelor

3.0 **Synopsis of Course (60-word limit)**

In this subject, students will be exposed to contemporary health, safety and nutrition of young children through an appropriate programme. It covers the early identification of children's health conditions, the promotions of children's well-being in collaboration with families and community that aims to promote a health-promoting school.

4.0 **For Whom?**

- Parents with young children
- Childcare and preschool operators
- Preschool teachers
- Childcare providers
- All Personnel involved in children health care services

5.0 **Course Outcomes (100-word limit)**

- Explain the importance of health, safety and nutrition for a healthy lifestyle
- Determine the basic concepts of food and nutrients
- Discuss the conditions that can affect the children's health
- Evaluate health and safety prevention measure according to situation in various contexts

6.0 **Delivery Mode**

Full online learning

7.0 **Duration of Course**

20 hours

8.0 **Level of Course & Microcredential Credit Value, if any**

Diploma Level (4 credit)

9.0 Course Outline

Module 1	Introduction to Health, Safety and Nutrition for Young Children
Module 2	Nutrition for Young Children
Module 3	Health Education for Young Children
Module 4	Safety for Young Children
Module 5	A Health Promoting School

10.0 Short Bio of Trainer/s (50-word limit)

Rosalind Ahju worked as a preschool teacher for more than 15 years. She specialises in the storytelling approach and teaching methodology for young children. She has been involved in training new preschool teachers, developing learning programmes and educational books for preschool centres since 2000. Rosalind graduated with the Bachelor of Early Childhood Studies from Edith Cowan University and obtained her Master of Education in Teaching and Learning at HELP University. Currently, she is the Early Childhood Diploma Programme Leader and lecturer in HELP University.