# Early Childhood Program – ECE 133 Child Health Safety and Nutrition

## Curriculum Map: Cultural, Linguistic and Ability Diversity (CLAD)

<table>
<thead>
<tr>
<th>Course</th>
<th>CLAD TOPIC</th>
<th>Media</th>
<th>Guest Speaker</th>
<th>Kit/Materials</th>
<th>Instructional Approach</th>
<th>In-Class Assignment</th>
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<tbody>
<tr>
<td>ECE 133 Health, Safety &amp; Nutrition</td>
<td>INCLUSION</td>
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<td>Review the definition of CLAD and importance of using Person First Language (Introduced in ECE 103).</td>
<td>Following discussion of specialized diets or presentation by parent, students create a snack for a child with one of the following diets: vegetarian, kosher, halal, specific food allergies. Students may need to do some research on appropriate foods. This assignment can address both medically necessary diets and diets based on culture.</td>
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<td>Review the steps for creating adaptations using CARA’S Kit. Students work on adaptation CARA’S Kit lesson for ECE 133. For additional practice provide health, safety and nutrition dilemmas for students to consider.</td>
<td>Book assignment – Review children’s health safety and nutrition books. Students work in small groups to plan learning experiences related to the book topics which include: dental health, illness, mental health, personal health care, safety, physical activity, special needs, and nutrition. Ask students to include one suggestion for a family-school connection.</td>
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<td>Ask parent or dietician to discuss dietary considerations for vegetarians, kosher diet, allergies, etc</td>
<td>Students research Let’s Move website for topics of special interest (movement activities for people with disabilities, food allergies, family activities, etc.) Report their findings to the class</td>
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- Video: Child Care and Children with Special Needs – Video One, Available from NAEC, Tape one, clip of child with asthma (end of video)
- Video: Breathing Freely: Controlling Asthma Triggers from Head Start
- Video: Embracing Our Future: Matthew’s Story (dental health in Early Head Start) from Head Start
- Video: Strategies for Including Children with Disabilities in Classroom Activities, Sensory Activity from Head Start
- Video: Preventing Childhood Obesity, from Child Care Information Exchange

Links to video on page 3

- Parent of child with specialized diet and/or dietician
- Iowa KidSight – free vision screening
- CARA’S Kit ECE 133 Lesson
- Children’s books on health, nutrition and safety topics
- Handouts on Person First Language from website: Disability is Natural

Let's Move: America’s move to raise a healthier generation of Kids.  
www.letsmove.gov

Book Kit located in ERC Closet

Links to Handouts on page 3

- Review the definition of CLAD and importance of using Person First Language (Introduced in ECE 103).
- Review the steps for creating adaptations using CARA’S Kit. Students work on adaptation CARA’S Kit lesson for ECE 133. For additional practice provide health, safety and nutrition dilemmas for students to consider.
- Ask parent or dietician to discuss dietary considerations for vegetarians, kosher diet, allergies, etc.
- Case Studies from Marotz (current edition) for class discussions on culture. See cases on:
  - Vision and hearing disabilities
  - Seizure disorders
  - Food allergies

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| ECE 133 | Health, Safety & Nutrition | CULTURE: Foods Planning healthy meals on limited income Family and Community role for providing healthy living | • Video: Diversity Contrasting Perspectives available from Child Development Media, Inc Section on mixed messages of using sugar snacks at school provided by families and also the section on how families feed infants and toddlers from different cultural perspectives  
• Video: Harvard Center on Developing Child: In Brief The Foundation on Life Long Health (7 min)  
• Video: Strategies for Including Children with Disabilities in Classroom Activities from Head Start (Short clip showing a cooking activity)  
See link to videos on page 3 | • Nurse Consultant - instructor to discuss common chronic illnesses in young children and strategies child care providers can use to provide optimum care for child  
• Head Start Nutrition Specialist or Child Care Food Program Consultant | • Grocery store ads for menu planning activity  
• Children’s books on health, nutrition and safety  
• PowerPoint Presentation: “You don’t have to look like me to be my friend” (Unlikely animal combinations in friendly interactions – a light hearted way to talk about appreciating differences)  
Children’s books available in the ERC Closet | • Students plan menus with a variety of foods to introduce diversity into menus and including fresh seasonal foods. Include planning meals for children with special dietary needs or preferences  
• Use Case Studies from Marotz (current edition) for class discussions on cultural issue. See cases on:  
➢ Cultural differences and foods  
➢ Families use of herbal supplements for young children  
➢ Single parent family and dual language family  
• Handout: Dilemma of Daily Practice use dilemma to discuss water quality. Handout includes suggested strategies for processing dilemmas  
• Fire safety for children include discussion: on importance of alternate routes for adults and children with disabilities  
• Immunizations and childhood illnesses around the globe. Invite international students to share their experiences with immunization and well child checks | • Students to complete an analysis of the cost of foods for a low income family – what does it cost to eat a healthy diet? Use grocery store flyers or a field trip assignment to grocery store.  
• Book assignment – Review children’s health safety and nutrition books. Students work in small groups to plan learning experiences related to the book topics which include: dental health, illness, mental health, personal health care, safety, physical activity, special needs, and nutrition. Ask students to include one suggestion for a family-school connection  
• Nutrition Action: Students explore this website. [http://www.healthychild.net/NutritionAction.php?article_id=462](http://www.healthychild.net/NutritionAction.php?article_id=462) Cultural diversity is an important component of nutrition education. This web site discusses books with multicultural themes and other recommendations for using books in nutrition education |
Links to On-Line Resources


**Handouts and Websites:**
- Resources on Person First Language available at [Disability is Natural](http://www.disabilityisnatural.com)

**Text Book:**

**Media:**
**Head Start Resources:** Variety of video clips demonstrating effective inclusion

**National Association for the Education of Young Children:**

**Harvard Center on Developing Child:**
BlogTalkRadio: The Inclusive Class Podcast, Mara Kaplan is interviewed about what is needed to facilitate inclusive play. Mara Kaplan is an educator, an advocate for inclusive play and a parent of a child with profound disabilities. She has more than 17 years’ experience reviewing toys and designing playgrounds. Mara’s consulting business, Let Kids Play!, designs inclusive playgrounds, reviews and recommends toys and edits the website accessibleplayground.net, which includes a comprehensive listing of accessible playgrounds in North America.

Listen to the program here: http://www.blogtalkradio.com/the-inclusive-class/2013/06/28/what-is-an-inclusive-playground

Child Development Media

- Video: Diversity: Contrasting Perspectives: http://www.childdevelopmentmedia.com/diversity-culture/21203c.html

Child Care Information Exchange:

- Video: Turnkey Training: Preventing Obesity and Promoting Wellness; http://www.childcareexchange.com