



Health:

Connecting to Our Own Health Habits

Focus Statement

Students use a self-assessment of the behaviors in the health foundations to become familiar with the content of this domain. This also serves to link the content of the foundations to their own practices relating to health, safety, and nutrition.

Curriculum Alignment Project (CAP) Student Learning Outcomes

The Curriculum Alignment Project's (CAP) lower division eight courses and student learning outcomes are mapped onto each instructional guide learning experience. See Appendix A for the specific student learning outcomes, objectives, and examples of course content and topics for the courses listed below.

- Child Growth and Development
- Child, Family and Community
- Introduction to Curriculum
- Principles and Practices of Teaching Young Children
- Observation and Assessment
- Health, Safety and Nutrition
- Teaching in a Diverse Society
- Practicum-Field Experience

Instructional Methodologies

- Class discussion
- Discussion in pairs
- Literature review
- Oral presentation
- Reflection – individual or large group
- Self-assessment



California Early Childhood Educator Competency Areas to Consider

The Faculty Initiative Project will be undertaking a comprehensive process in the future to map the content of the instructional guides to the California Department of Education, Child Development Division's California Early Childhood Educator Competencies. "The Competency Areas to Consider" below are listed in this instructional guide as a preliminary exploration of how particular competency areas might be addressed through these learning experiences.

- Child Development and Learning
- Culture, Diversity, and Equity
- Family and Community Engagement
- Health, Safety, and Nutrition
- Professionalism



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Before You Start

This learning experience will ask students to assess their own health, safety, and nutritional habits as they relate to the foundations in the health domain of the *California Preschool Learning Foundations, Volume 2*. Some students may be concerned if they discover that their behaviors are not meeting those expressed in the foundations. Acknowledging that we all need to work on our health, safety, and nutritional habits on an ongoing basis will encourage their honest self-assessment.

This learning experience could be used as an introduction to the health domain or could be used after students are familiar with the foundations in this domain.

Handout 1 for the self-assessment is provided with this learning experience. An electronic version of the handout will be available when this instructional guide is online at www.wested.org/facultyinitiative.

Active Learning



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Getting it started

Let students know that they will be doing a quick self-assessment of their health, safety, and nutritional habits using the health-related behaviors in the health domain

of the *California Preschool Learning Foundations, Volume 2* (PLF, V2). Let them know that they are doing this to not only learn the foundations but also to see to what extent they can model good health, safety, and nutritional habits.

Ask students to complete the self-assessment individually.

Online Options

This self-assessment could be done online and followed up with class discussion.

Keeping it going

When they have completed their individual self-assessment, ask students to pair up with another student and discuss the following questions:

- Where have you developed healthy habits, healthy nutritional practices, and strong safety practices?
- Where do you have some challenges, and what are they?
- How do your family's habits and practices influence yours?



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Putting it together

It might be interesting to see where the class responses fall overall in meeting these health-related behaviors and habits. Using a blank version of Handout 1 projected for all to be able to see, ask how many students checked each of the responses for each foundation. As you enter these into the projected blank handout, you will see if there are any patterns among the student responses. If responding publicly might be challenging for some, you could collect hard copies and do the computations anonymously.

Online Options

Aggregating the results of all students could also be displayed online for discussion.

Options for projection in classrooms will vary depending on the available technology. Chart paper, a white board, or whatever will make the students' responses visible for the class could also be used.

Reflection

Ask students these questions:



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- Overall, what did you learn about the foundations in the health domain?
- Did any of the foundations surprise, confuse, or challenge you?
- How will your own practices affect how you can support children in developing healthy habits, strong safety practices, and healthy nutritional practices?

Deeper Understanding



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There are many studies listed in the references and resources section of the health domain. Ask students to choose one of the substrands in the health domain and find two studies related to the foundations in that substrand. For those studies, ask them to write a short review describing the question that was studied and the findings that emerged from the study. These reviews could then be used for a class discussion, with students reporting orally on the findings in their chosen studies.



Health Domain: Connecting to Our Own Health Habits
Handout 1 – Health Domain Self-Assessment

Health Domain Self-Assessment				
Foundation number	Strand: Health Habits	Almost always	Most of the time	Need to work on this
1.1	I wash my hands after toileting, before eating, and at other times when appropriate.			
1.2	I practice health habits that prevent infectious disease and infestation, such as sneezing into the elbow and not sharing eating utensils or foods.			
2.1	I know the routines for toothbrushing and brush and floss two times a day.			
3.1	I understand the functions of my internal body parts.			
3.2	I understand that health care providers try to keep people well.			
3.3	I communicate to appropriate people when I do not feel well, and I make my health needs known.			
4.1	I practice sun-safe actions, such as using sunscreen when appropriate and avoiding excessive sun exposure.			
Foundation number	Strand: Safety	Always	Most of the time	Need to work on this
1.1	I follow safety rules and avoid injury.			
1.2	I know emergency routines at home and in work settings and can carry them out.			
1.3	I know and follow pedestrian and transportation safety rules.			



Health Domain Self-Assessment (Continued)				
Foundation number	Strand: Nutrition	Always	Most of the time	Need to work on this
1.1	I know a large number of foods and the food groups to which they belong.			
2.1	I know that a variety of foods are needed for good health and choose from a variety of foods for meals.			
2.2	I know my food preferences that are based on familial and cultural practices and how they relate to healthy choices.			
2.3	I am aware of when I am full and when I am hungry and can regulate my responses to that awareness			