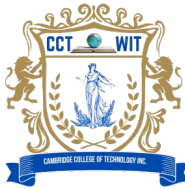




## Program Outline Child Health And Nutritions

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Brief Program Description	This core component delivers essential training in promoting child health, safety, and nutritional well-being in early childhood settings (birth to age 12). Topics include managing childhood illness, creating safe environments, developing health policies, nutrition planning, emergency preparedness, and inclusive health practices.
NOC Code	42202 – Early childhood educators assistants
Career Opportunities	Upon completion of the program, graduates may find employment in roles such as: <ul style="list-style-type: none"><li>• Early Childhood Assistant</li><li>• Preschool Assistant</li><li>• Infant/Toddler Care Aide</li><li>• Daycare Worker (Assistant)</li><li>• Child Care Centre Assistant</li><li>• Nursery Assistant</li><li>• Classroom Support Worker</li><li>• Nutrition Support Assistant</li><li>• Responsible Adult in licensed child care</li></ul>
Admission Requirements	<ul style="list-style-type: none"><li>• High school diploma or equivalent, grade 12 English-minimum grade of C, mature student status (19 years or older).</li><li>• Criminal record check.</li><li>• Immunization report.</li><li>• Meet minimum English language proficiency requirements.<ul style="list-style-type: none"><li>○ Evidence that 3 years of full-time secondary education (Grades 8-12) have been successfully completed in the program's language of instruction in a country where the language of instruction is one of the principal languages. Grade 12 English with minimum grade of C. This may include successful completion of a BC Adult Graduation program. <b>OR</b></li><li>○ Completion of 2 years of full-time post-secondary education at an accredited institution where English is the principal language of instruction <b>OR</b></li><li>○ Provide verified results for one of the English language proficiency tests listed below.</li></ul></li></ul>



# CAMBRIDGE COLLEGE

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## Program Outline Child Health And Nutritions

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Test results must be dated no more than two years before the start date of the program.

- International English Language Testing System (IELTS) Academic: overall score of 5.5 or higher.
- Canadian Academic English Language (CAEL) Test: overall score of 40 or higher
- Duolingo English Test: overall score of 95 or higher
- Test of English as a Foreign Language (TOEFL) IBT: overall score of 46 higher
- Canadian English Language Proficiency Index Program (CELPIP): Listening 6, Speaking 6, Reading 5, and Writing 5.
- Pearson Test of English (PTE) Academic: overall score of 43 or higher

### Learning Objectives/Outcomes

Students completing this component will be able to:

- Identify and manage common childhood illnesses and immunization protocols
- Develop and apply food and allergy-safe nutrition plans
- Implement hygiene procedures and sanitation standards
- Design safe environments and emergency policies
- Create menus that meet children's dietary needs
- Explain BC care licensing health policies
- Promote equity in accessing healthy foods and practices

### Student Progress/ Assessment Methods

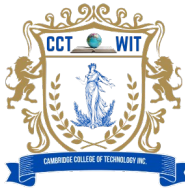
A final grade of 60% is required to pass each course unless otherwise indicated on a course outline. Generally, course assessment consists of quizzes, exams, and project-based assignments.

### Attendance Expectations

85% of classes must be attended to achieve competency for this qualification

### Graduation

Minimum C grade average is required for graduation



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### Requirements

#### Program Duration

**45 hours**

#### Homework Hours

2-3 hrs. This is only an approximate figure and is dependent upon how much time the student can dedicate to the studies and how well he/she grasps the learning concepts in the course material.

#### Delivery Methods

*Indicate how the program is delivered.*



*On-site delivery.*



*Distance delivery.*



*Combined delivery (50% of combined program will be provided by distance (online) delivery.)*



*Synchronous.*



*Asynchronous.*



*Combination of both synchronous and asynchronous.*

#### Instructional Methods

##### ***Method of Delivery (reflect all methods used)***

##### ***Contact Hours***

*Classroom (Instructor Led)*

45 hrs

*Computer Based Training*

0 hrs

*Distance Education*

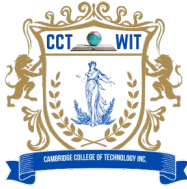
0 hrs

**TOTAL**

**45 hrs**

#### Required Textbooks

- Nutrition and Wellness in Childcare
- BC Licensing Regulations & ECE Standards
- Case study compendium on children's health & safety
- Lesson manuals and meal planning guides



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## Program Outline Child Health And Nutritions

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Equipment/ Course material required for this Program

- Desktop or laptop computer (Windows, Chromebook or MacOS) capable of running video conferencing sessions and basic applications (Word, Excel, PowerPoint).
- Fast, stable wired internet connection
- White board,
- Overhead projector,
- Lecture notes,
- Computers,
- Chairs,
- Desks,
- Garbage bins,
- A4 folders
- Notepads
- Pencils/Pens

**Program Organization:**

<b>S. No.</b>	<b>Topics &amp; Objectives</b>	<b>Hours</b>	<b>Assessment</b>
1	Introduction to Health Standards & Policies + Managing Childhood Illnesses	5 hrs	Participation, Quiz
2	Immunization, Medication & Records + Hygiene & Sanitation Practices	5 hrs	Written assignment, Observation checklist
3	Allergy Awareness + Nutrition Principles	5 hrs	Case study report, Quiz
4	Menu Planning + Inclusive Nutrition Practices	5 hrs	Meal plan assignment, Reflection paper
5	Promoting Healthy Habits + Environmental Safety	5 hrs	Group activity, Safety inspection report
6	Emergency Preparedness + Policy Development	5 hrs	Simulation task, Policy submission
7	Staff & Family Communication + Review & Integration	5 hrs	Role-play, Final quiz/project prep
8	Capstone Project: Health & Nutrition Program Design	5 hrs	Final project submission
9	Make-up / Review Day (optional, for missed content or project support)	5 hrs	Instructor discretion
	Total Hours	45	