

# Health & Safety

## Summary

Lesson on health in the child care, including snacks. Also includes safety.

## Main Core Tie

Child Development

[Strand 7](#)

## Time Frame

3 class periods of 60 minutes each

## Group Size

Large Groups

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility, Employability

## Materials

Power point projector, cook books with creative snack ideas.

## Background for Teachers

Certification in First-aid and CPR is helpful. Jill Wallace comes each year to certify my whole class (801-352-7353).

## Student Prior Knowledge

First-aid and CPR training is helpful.

## Intended Learning Outcomes

Students will plan health snacks for children. Students will integrate health and safety knowledge into the classroom setting and curriculum.

## Instructional Procedures

Power Point presentation should be separated into three different days of instruction (Healthy Snacks, Health, Safety). Follow lesson plan ideas for activities.

## Assessment Plan

Students will have an acceptable score on quiz. Provide a list of creative snack ideas.

Educators:

Contact [resources@uen.org](mailto:resources@uen.org) using your education email address if you would like copies of the test / exam for this lesson plan. Be sure to include the Lesson Plan title in your email request.

## Bibliography

State Curriculum Guide, "Introduction to Early Childhood Education" by Brewer.

## Authors

[WENDY CRAPO](#)