

# ED 243 : NUTRITION, HEALTH AND SAFETY FOR YOUNG CHILDREN

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## Transcript title

Nutri., Health Safety ECE

## Credits

3

## Grading mode

Standard letter grades

## Total contact hours

30

## Lecture hours

30

## Recommended preparation

ED 140.

## Course Description

Provides an understanding of the essential elements of health, safety, and nutrition for young children. Methods and materials for enhancing motor development will be examined.

## Course learning outcomes

1. Identify key aspects of health and wellness (physical, dental, mental, nutritional) and plan wellness curriculum for programs with young children, including those with special health care needs.
2. Discuss the importance of physical activity and explain ways to promote the physical development of young children.
3. Analyze nutritional concepts and developmentally appropriate feeding practices to optimize health in infants, toddlers, preschoolers and school-aged children.
4. Explain common childhood infectious diseases and how to manage them in early childhood educational settings.
5. Identify safety considerations (physical and emotional) in environments with young children and appropriate emergency situation responses.
6. Identify signs of child abuse and neglect in young children and explain reporting requirements.

## Content outline

Overview/Interconnection of Nutrition, Health, Safety Teaching Wellness Concepts The Foundations of Optimal Nutrition The Science of Nutrition Feeding Infants Feeding Toddlers, Preschoolers, and School-Age Children Menu Planning Food Safety Creating a Climate of Health and Wellness Health Screening and Assessment Managing Infectious Diseases Teaching Children with Special Health Care Needs Children's Mental Health Child Abuse and Neglect Ensuring Physical and Emotional Safety Creating Safe Environments Promoting Safe Practices Responding to Emergencies Societal Issues Regarding Young Children's Health

## Required materials

Textbook may be required; students must have access to a computer with Internet capability.