

Revised: Fall 2016

HLT 135 Child Health and Nutrition

COURSE OUTLINE

Prerequisites: None

Course Description:

Focuses on the physical needs of the preschool child and the methods by which these are met. Emphasizes health routines, hygiene, nutrition, feeding and clothing habits, childhood diseases, and safety as related to health growth and development.

Semester Credits: 3 Lecture Hours: 3

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HLT 135: Child Health and Nutrition

Course Outcomes:

At the completion of this course, the student should be able to demonstrate knowledge of:

1. The interrelatedness of health, safety and nutrition.
2. Promoting good health in young children.
3. Appropriate use of health appraisals and assessment tools for young children.
4. Conditions affecting the health of young children including infectious process and effective control, and communicable and acute illnesses (identification and management).
5. Creating quality environments focusing on health and safety.
6. Health, safety, and acute illness management.
7. Child abuse and neglect.
8. Planning for children's health, nutrition and safety education.
9. Nutritional guidelines for young children, focusing on growth, development, and regulation of body functions.
10. Feeding the young children from birth to age 8; including planning, serving, safety and costs.

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HLT 135: Child Health and Nutrition

Textbook: *Health, Safety, and Nutrition for the Young Child; 9th Edition* by Lynn R. Marotz. ISBN-10: 1285427335 | ISBN-13: 9781285427331

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HLT 135: Child Health and Nutrition

Topical Description:

1. Children's Health
2. Health Assessment Tools
3. Health Conditions and Illness
4. Safety
5. Child Abuse and Neglect
6. Playground Safety
7. Nutrition/Basic Concepts
- 8.** Food Safety

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Notes to Instructors (portfolio requirements)

1. Students must complete a parent resource notebook focusing on child health and nutrition.

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