

# Virginia Western Community College

## EDU 235

### Health, Safety, and Nutrition Education

#### Prerequisites

None

#### Course Description

Focuses on the health and developmental needs of children and the methods by which these needs are met. Emphasizes positive health, hygiene, nutrition and feeding routines, childhood diseases, and safety issues. Emphasizes supporting the mental and physical well-being of children, as well as procedures for reporting child abuse.

**Semester Credits: 3**

**Lecture Hours: 3**

#### Required Materials

1. Textbook
2. Internet access
3. Canvas

#### **Textbook:**

*Health, Safety, and Nutrition for the Young Child; 9<sup>th</sup> Edition* by Lynn R. Marotz. ISBN: 9781285427331

#### **Other Required Materials:**

None

## **Course Outcomes**

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

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.

## **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

## **Notes to Instructors**

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