

Virginia Western Community College

EDU 235

Health, Safety and Nutrition Education

Prerequisites

None

Course Description

EDU 235 – Health, Safety and Nutrition Education

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.

Lecture 3 hours. Total 3 hours per week.

3 credits

General Course Purpose

To prepare the early childhood educator to meet the physical needs of young children through preparation of a safe environment, planned routines and positive experiences in the areas of health, safety, and nutrition.

Semester Credits: 3

Lecture Hours: 3

Required Materials

1. Textbook
2. Internet access
3. Canvas

Textbook:

Sorte, Joanne, Amador, Carolina, et al. Nutrition, Health, and Safety for Young Children: Promoting Wellness, 4th Edition. Pearson. 2021. ISBN: 9780135573624.

Other Required Materials:

None

Course Outcomes

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

Health, Safety, and Nutrition Education	<ul style="list-style-type: none">• Identify stages of physical growth of children, and practices which meet their changing needs• List and apply positive health routines for children within the framework of the early childhood program• Outline appropriate meal planning practices for young children• Identify common childhood diseases, and plan appropriate responses to their onset• Create child centered activities to promote conceptual understanding in children of self-care in the areas of health, safety, and nutrition• Define and discuss child abuse, identification of symptoms, and appropriate response to it• Identify and apply learning standards as they relate to child health, safety and nutrition: the Virginia Foundation Blocks, the Child Development Milestones, the Virginia Standards of Learning, and Core Competencies for Early Childhood Professionals
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Topical Description

1	Physical development of young children
2	Scheduling health routines into daily lives of young children
3	Simple menu planning for children
4	Health issues related to eating habits in children
5	Identification and prevention of common childhood diseases
6.	Planning and creating a safe and healthy learning environment for children
7.	Child abuse identification and reporting responsibilities

Notes to Instructors

None

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)