

# Virginia Western Community College

## HLT 135

### Child Health and Nutrition

#### **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**

#### **Required Materials**

1. Textbook
2. Internet access
3. Canvas

#### **Textbook:**

*Nutrition, Health, and Safety for Young Children*, 4<sup>th</sup> Edition. Sorte, Joanne, Inge Daeschel, et al. Pearson. 2020. ISBN: **9780135573624**

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

None

## Course Outcomes

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

- The interrelatedness of health, safety and nutrition.
- Promoting good health in young children.
- Appropriate use of health appraisals and assessment tools for young children.
- Conditions affecting the health of young children including infectious process and effective control, and communicable and acute illnesses (identification and management).
- Creating quality environments focusing on health and safety.
- Health, safety, and acute illness management.
- Child abuse and neglect.
- Planning for children's health, nutrition and safety education.
- Nutritional guidelines for young children, focusing on growth, development, and regulation of body functions.
- 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 Safety

## Notes to Instructors

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

For students in the Early Childhood Development Program, they need to submit for their Portfolio, a copy of the **Playground Evaluation Assignment/Reflection OR Four Week Meal Plan/Reflection**

*Reflection: How does your chosen piece demonstrate your understanding of appropriate safe, healthy, and learning environments? How do you/will you carry this out in your daily work with children?*

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

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

