

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, safety, and nutritional needs of children and developmentally appropriate methods to meet these needs. Emphasizes children's well-being through mindful practices that address health and hygiene, nutrition and feeding routines, childhood diseases, and safety issues. Discusses strategies to promote 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	• Identify health, safety and nutrition practices which meet the changing developmental needs of typically and atypically developing children, ages birth to 8. • List and apply culturally responsive 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 procedures. • Identify and apply current State and National standards and competencies as they relate to working with children and families.
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Topical Description

1	Impact of health, safety, and nutrition practices on the development of the whole child
2	Culturally responsive daily routines that enhance the physical and psychological well-being of young children.
3	Scheduling routines into daily lives of young children
4.	Simple menu planning for children
5	Health issues related to eating habits in children
6	Identification and prevention of common childhood diseases
7.	Planning and creating a safe, healthy, and trauma-informed learning environment for children
8.	Child abuse identification and reporting responsibilities

Notes to Instructors

None

[ADA Statement](#) (PDF)

[Title IX Statement](#) (PDF)