EDU 153 Health, Safety, and Nutrition

COURSE DESCRIPTION:

Prerequisites: None
Corequisites: DRE 097; or satisfactory score on placement test

Course description. This course covers promoting and maintaining the health and well-being of every child. Topics include health and nutritional guidelines, common childhood illnesses, maintaining safe and healthy learning environments, health benefits of active play, recognition and reporting of abuse/neglect, and state regulations. Upon completion, students should be able to apply knowledge of NC Foundations for Early Learning and Development for health, safety, nutritional needs and safe learning environments.

Course Hours per Week: Class, 3. Semester Hours Credit, 3.

LEARNING OUTCOMES:

Upon completing requirements for this course, the student will be able to:

1. Apply knowledge of NC Foundations for Early Learning and Development for health.
2. Apply knowledge of NC Foundations for Early Learning and Development for safety.
3. Apply knowledge of NC Foundations for Early Learning and Development for nutritional needs.
4. Apply knowledge of NC Foundations for Early Learning and Development for safe learning environments.

OUTLINE OF INSTRUCTION:

1. Role modeling for health and safety
   A. Teaching techniques
   B. Exhibiting healthy practices
   C. Exhibiting safe behavior
2. Health, safety, and Nutrition regulations
   A. Familiarity with current regulations
   B. Following health and safety regulations
   C. Maintaining health records
   D. Ensuring safe equipment and facilities
3. Safety supervision
   A. The caregiver’s role
      i. Supervision techniques with preschool children
   B. Developmental levels of children
      i. Typical safety hazards encountered with preschool children
   C. Preventing accidents
      i. In the classroom
      ii. On the playground
      iii. On fieldtrips
4. Teaching safety and emergency procedures
   A. Involvement of children in identifying rules
   B. Explaining safety rules to children
   C. Activities that teach safety rules
Explaining and practicing emergency procedures

Meeting children’s physical needs
A. Toileting
   i. Healthy environment
   ii. Encouraging independence
B. Resting
   i. Healthy environment
   ii. Techniques that promote resting and napping
C. Ventilation, lighting and temperature
D. Clothing
   i. Protection against the elements
   ii. Appropriateness for active participation
E. Keeping children clean

Minimizing stress in the environment
A. Stress in young children
B. Children’s response to stress
C. Techniques and activities to reduce stress

Teaching healthy practices
A. Techniques that promote healthy practices
B. Activities that promote health practices

Childhood Illnesses
A. Symptoms of illness
   i. Common illnesses
   ii. Communicable illnesses
B. Responding to illnesses
   i. Informal observation of children
   ii. Routine health checks
   iii. Notifying parents and record-keeping

Nutritional needs
A. Children (infants-preschool)
B. Children with special dietary concerns
C. Children with special needs

Proper standards of food preparation
A. Regulations for food preparation
   i. Nutritional requirements
   ii. Menu planning
B. Planning meals that appeal to children

Developing positive attitudes toward food
A. The caregiver’s attitude
B. Using meal and snack times to develop positive attitudes
C. Integrating children’s cultures in food-related activities

Recognizing signs of abuse and neglect
A. Observing children
B. Symptoms of abuse and neglect
C. Communicating with and talking to children
D. Helping the abused and neglected child

13. Encouraging health and safety practices at home
   A. Educating parents regarding health, safety and nutrition issues
   B. Techniques for sharing health, safety, and nutrition information
   C. Utilizing community resources

REQUIRED TEXTBOOK AND MATERIAL:
   Author: Lynn Marotz
   ISBN: 9781285427331
   Publisher: Cengage Learning

Supplemental Resource:
Available free at NC Health and Human Services Child Care (link opens in a new window)