

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
EDU 235 – HEALTH, SAFETY, AND NUTRITION EDUCATION (3 CR.)

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. Lecture 3 hours per week

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.

Course Prerequisites/Corequisites

Functional literacy in the English language; reading at the 12th grade level.

Course Objectives

Upon completing the course, the student will be able to:

- a) Identify stages of physical growth of children, and practices which meet their changing needs
- b) List and apply positive health routines for children within the framework of the early childhood program
- c) Outline appropriate meal planning practices for young children
- d) Identify common childhood diseases, and plan appropriate responses to their onset
- e) Create child-centered activities to promote conceptual understanding in children of self-care in the areas of health, safety and nutrition
- f) Define and discuss child abuse, identification of symptoms, and appropriate response to it
- g) Discuss the importance of child abuse identification and mandatory reporting responsibilities
- h) Identify and apply appropriate learning standards as they relate to early childhood education

Major Topics to be Included

- a) Physical development of young children
- b) Scheduling health routines into daily lives of young children
- c) Simple menu planning for children
- d) Health issues related to eating habits in children
- e) Identification and prevention of common childhood diseases
- f) Planning and creating a safe and healthy learning environment for children
- g) Cultural diversity in child-rearing and guidance practices