

EDTR 124

Nutrition, Health and Safety in Early Childhood

3 Credits

Community College of Baltimore County
Common Course Outline

Description

EDTR 124 – Nutrition, Health and Safety in Early Childhood: This course introduces students to the fields of nutrition, safety, and first aid as they apply to young children. Childhood diseases and symptoms are investigated. Childcare centers are examined for health practices, safety precautions, first aid, balanced menus, and food sanitation.

Pre-requisites: EDTR 121

Overall Course Objectives

Upon completion of this course, students will be able to:

1. Describe the effects of nutrition on growth;
2. Plan the menu that meets nutritional requirements for each age group: infants, toddlers, and young children;
3. Describe cultural variations in diet;
4. Describe symptoms of childhood illnesses;
5. Identify routine immunizations and ages at which they should be given;
6. Explain the relationship between health and child development;
7. Identify community resources for children's health; and
8. Design a childcare center that meets state safety requirements.

Major Topics

- I. Physical developmental
- II. Current nutritional requirements for each stage
- III. Cultural variations in diet
- IV. General nutrition
- V. Childhood illness
- VI. Health needs of children in various stages
- VII. Community resources for childhood health
- VIII. Safety requirements of the childcare center

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- exams
- nutritional plans or lesson plans for teaching health concepts

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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