

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: is a course in which students are introduced to the fields of nutrition and safety as they apply to young children. Childhood diseases and symptoms are investigated. Childcare centers are examined for health practices, safety precautions, 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 menus that meet 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 development
- 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:

- one nutritional plan for childcare center
- one newsletter or pamphlet on childhood illnesses and routine immunizations
- two lesson plans for teaching health concepts
- three quizzes

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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