

Common Course Outline

EDTR 124 Nutrition, Health and Safety in Early Childhood

3 semester hours (3 classroom hours per week)

The Community College of Baltimore County

Overall Course Description:

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. Child care centers are examined for health practices, safety precautions, first aid, balanced menus, and food sanitation.

Prerequisite: EDTR 121

Overall Course Objectives:

At the end of this course the student will be able to

Describe the effects of nutrition on growth.

Plan a menu that meets nutritional requirements for each age group: infants, toddlers
and young children

Describe cultural variations in diet

Describe symptoms of childhood illnesses

Identify routine immunizations and ages at which they should be given

Explain the relationship between health and child development

Identify community resources for children's health

Design a child care center that meets state safety requirements

Major Topics:

Physical developmental

Current nutritional requirements for each stage

Cultural variations in diet

General nutrition

Childhood illness

Health needs of children in various stages

Community resources for childhood health

Safety requirements of the child care center

Requirements:

Individual faculty members will determine specific evaluation procedures. They may include: exams, nutritional plans or lesson plans for teaching health concepts.