

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: EDU 235 **Credits:** 3

Course Title: Health, Safety, and Nutrition Education

Course Description:

Focuses on the health, safety, and-nutritional needs of children and the developmentally appropriate methods to meet these needs. Emphasizes children's wellbeing through mindful practices that address health-and hygiene, nutrition and feeding routines, childhood diseases, and safety issues. Discusses strategies to promote the mental and physical well being of children, as well as procedures for reporting child abuse. Lecture 3 hours. Total 3 hours per week. 3 credits

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 and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

1. Identify health, safety and nutrition practices which meet the changing developmental needs of typically and atypically developing children, ages birth to 8.
2. List and apply culturally responsive health routines for children within the framework of the early childhood program
3. Outline appropriate meal planning practices for young children
4. Identify common childhood diseases, and plan appropriate responses to their onset
5. Create child centered activities to promote conceptual understanding in children of self care in the areas of health, safety and nutrition
6. Define and discuss child abuse, identification of symptoms, and appropriate procedures.
7. Identify and apply current State and National standards and competencies as they relate to working with children and families.

Major Topics to Be Included:

1. Impact of health, safety, and nutrition practices on the development of the whole child
2. Culturally-responsive daily routines that enhance the physical and psychological wellbeing of young children.
3. Scheduling-routines into daily lives of young children
4. Simple menu planning for children
5. Health issues related to eating habits in children
6. Identification and prevention of common childhood diseases

7. Planning and creating a safe, healthy, and trauma-informed learning environment for children
8. Child abuse identification and reporting responsibilities

Effective Date/Updated: August 1, 2025