

Date Prepared: August 8, 2001

New       Revised  
(*Check One*)

Effective Date: Fall 2001

## **COURSE OUTLINE**

1. COURSE PREFIX and NUMBER: **HLT 135** CREDIT HOURS: 3
2. COURSE TITLE: **Child Health and Nutrition**
3. PREREQUISITES: none
4. COURSE DESCRIPTION: Focuses on the physical needs of the preschool child and the methods by which these are met. Emphasizes health routines, hygiene, nutrition, feeding and clothing habits, childhood diseases, and safety as related to health, growth, and development. Lecture 3 hours per week.
5. CONTENT: (Major Headings)
  - a. Nutritional needs of the preschool child
  - b. Menu planning in the child care situation
  - c. Implementing nutrition education within the early childhood curriculum
  - d. Childhood diseases (symptoms, sources of infection, treatment recommendations)
  - e. Immunization requirements
  - f. Components of a healthful environment (emotional and physical atmosphere)
  - g. Formulation of program policies on health and safety
  - h. Components of daily health inspection
  - i. Implementing health and safety education within the early childhood curriculum

### 6. GENERAL COURSE OBJECTIVES:

Upon successful completion of the course, the student will be able to:

- a. Demonstrate a working knowledge of nutritional needs of children through the development of well-balanced menus
- b. Demonstrate a working knowledge of nutritional needs of children through appropriately developed units on foods and nutrition
- c. Demonstrate a working knowledge of the health and safety needs of children through:
  1. The development of appropriately planned units in health and safety.
  2. The development of a health inspection routine.
  3. Activities designed to test the students' knowledge of childhood diseases and immunization requirements.