

Contents

Preface.....xi



Chapter 1 Interrelationship of Health, Safety, and Nutrition / 2

Learning Objectives / 2 The Preventive Health Concept / 3 Health, Safety, and Nutrition: An Interdependent Relationship / 7 Children's Growth and Development / 12 Promoting a Healthy Lifestyle / 15 Summary / 32 Terms to Know / 32 Chapter Review / 33 Case Study / 33 Application Activities / 34

UNIT **9**

Health of the Young Child: Maximizing the Child's Potential

Chapter 2 Health Appraisals / 36

Learning Objectives / 36 Promoting Children's Health / 37 Observation as a Screening Tool / 38 Daily Health Checks / 39 Family Involvement / 44 Health Education / 45 Summary / 48 Terms to Know / 48 Chapter Review / 48 Case Study / 49 Application Activities / 49

Chapter 3 Health Assessment Tools / 50

Learning Objectives / 50 Health Records / 51 Screening Procedures / 54 Sensory
Development / 55 Vision Screening / 55 Hearing Screening / 61 Speech and Language
Evaluation / 65 Nutritional Assessment / 67 Referrals / 71 Summary / 74 Terms to
Know / 74 Chapter Review / 74 Case Study / 76 Application Activities / 76

Chapter 4 Medical Conditions Affecting Children's Health / 78

Learning Objectives / 78 Common Chronic Diseases and Medical Conditions / 79 Allergic Diseases / 79 Asthma / 84 Anemia / 86 Childhood Cancers / 88 Diabetes / 90 Eczema / 92 Excessive Fatigue / 93 Lead

Contents

Poisoning / 94 Seizure Disorders / 96 Sickle Cell Disease / 98 Summary / 101 Terms to Know / 102 Chapter Review / 102 Case Study / 103 Application Activities / 103

Chapter 5 The Infectious Process and Environmental Control / 105

Learning Objectives / 105 Communicable Illness / 106 Stages Of Illness / 108 Control Measures / 109 Summary / 122 Terms to Know / 123 Chapter Review / 123 Case Study / 124 Application Activities / 124

Chapter 6 Communicable and Acute Illness: Identification and Management / 125

Learning Objectives / 125 Communicable Childhood Illnesses / 126 Common Acute Childhood Illnesses / 138 Summary / 156 Terms to Know / 156 Chapter Review / 156 Case Study / 157 Application Activities / 157



Chapter 7 Creating High-Quality Environments / 160

Learning Objectives / 160 Locating High-Quality Programs / 161 Licensing / 163 Features of High-Quality Programs / 164 Guidelines for Safe Environments / 170 Summary / 190 Terms to Know / 190 Chapter Review / 190 Case Study / 191 Application Activities / 191

Chapter 8 Safety Management / 193

Learning Objectives / 193 What Is Unintentional Injury? / 194 Risk Management: Principles and Preventive Measures / 198 Implementing Safety Practices / 203 Legal Implications / 213 Summary / 217 Terms to Know / 217 Chapter Review / 218 Case Study / 219 Application Activities / 219

Chapter 9 Management of Acute Illness and Injuries / 220

Learning Objectives / 220 Emergency Care vs. First Aid / 223 Life-Threatening Conditions / 223 Non-Life-Threatening Conditions / 237 Summary / 246 Terms to Know / 246 Chapter Review / 247 Case Study / 248 Application Activities / 248

Chapter 10 Child Abuse and Neglect / 249

Learning Objectives / 249 Historical Developments / 250 Discipline vs. Punishment / 250 Abuse and Neglect / 251 Understanding the Dynamics of Abuse and Neglect / 256 Protective Measures for Programs and Teachers / 258 Reporting Laws / 259 The Role of the Teacher / 261 Summary / 267 Terms to Know / 267 Chapter Review / 267 Case Study / 268 Application Activities / 269

Chapter 11 Planning for Children's Health and Safety Education / 270

Learning Objectives / 270 Family Involvement in Health and Safety Education / 271 The Role of Teacher Inservice In Health and Safety Education / 272 Effective Instructional Design / 272 Activity Plans / 278 Summary / 292 Terms to Know / 293 Chapter Review / 293 Case Study / 294 Application Activities / 294

UNIT

Basic concepts of Foods and Nutrients

295

Chapter 12 Nutritional Guidelines / 296

Learning Objectives / 296 Dietary Reference Intakes (DRIs) / 297 Dietary Guidelines for Americans / 298 The Food Guide Pyramid / 302 Food Labels / 307 Summary / 311 Terms to Know / 311 Chapter Review / 311 Case Study / 312 Application Activities / 312

Chapter 13 Nutrients that Provide Energy (Carbohydrates, Fats, and Proteins) / 313

Learning Objectives / 313 Food as an Energy Source / 314 Carbohydrates as Energy Sources / 316 Fats as Energy Sources / 320 Proteins as Energy Sources / 323 Summary / 324 Terms to Know / 325 Chapter Review / 325 Case Study / 326 Application Activities / 326

Chapter 14 Nutrients that Promote Growth of Body Tissues (Proteins, Minerals, and Water / 328

Learning Objectives / 328 Children's Growth / 329 Proteins for Growth / 329

Minerals For Growth / 332 The Role of Water / 335 The Supporting Role of Vitamins / 336

Summary / 338 Terms to Know / 339 Chapter Review / 339 Case Study / 340 Application

Activities / 340

Chapter 15 Nutrients that Regulate Body Functions (Vitamins, Minerals, Proteins, and Water) / 341

Learning Objectives / 341 Vitamins as Regulators / 342 Minerals as Regulators / 348 Proteins as Regulators / 352 Water as a Regulator / 353 Nutrient Functions:

A Recap / 354 Summary / 356 Terms to Know / 357 Chapter Review / 357 Case Study / 357 Application Activities / 358



Number of the State of the Stat

e partie

Chapter 16 Feeding Infants / 360

Learning Objectives / 360 Profile of an Infant / 360 Meeting the Infant's Nutritional Needs / 361 Feeding Time for the Infant / 366 Introducing Semi-Solid (Pureed) Foods / 369 Some Common Feeding Concerns / 373 Summary / 377 Terms to Know / 377 Chapter Review / 378 Case Study / 378 Application Activities / 378

Chapter 17 Feeding Toddlers and Young Children / 380

Learning Objectives / 380 Developmental Profile of Toddlers, Preschoolers, and School-Aged Children / 380 The Challenge of Feeding Toddlers / 382 As the Toddler Becomes a Preschooler / 386 Healthy Eating Habits / 389 Health Problems Relating to Eating Habits / 390 Summary / 397 Terms to Know / 397 Chapter Review / 398 Case Study / 398 Application Activities / 399

Contents

Chapter 18 Planning and Serving Nutritious and Economical Meals / 400

Learning Objectives / 400 Meal Planning / 400 Writing Menus / 415 Nutritious Snacks / 415 Serving Meals / 416 The Menu Must Stay Within the Budget / 418 Summary / 422 Terms to Know / 423 Chapter Review / 423 Case Study / 424 Application Activities / 424

Chapter 19 Food Safety / 426

Learning Objectives / 426 Food Safety Depends on Sanitation / 426 Food-Borne Illnesses / 441 Conditions for Bacterial Growth / 446 Summary / 449 Terms to Know / 450 Chapter Review / 450 Case Study / 450 Application Activities / 451

Chapter 20 Nutrition Education Concepts and Activities / 452

Learning Objectives / 452 Basic Concepts of Nutrition Education / 453 Responsibility for Nutrition Education / 454 Rationale for Nutrition Education in the Early Years / 456 Planning a Nutrition Education Program / 456 Guidelines and Safety Considerations for Nutrition Education Activities / 458 Developing Lesson Plans for Nutrition Activities / 462 Additional Food Information Sources / 469 Summary / 472 Terms to Know / 472 Chapter Review / 472 Case Study / 473 Application Activities / 473

Epilogue 475

Looking Ahead...Making a Difference / 475

Appendices

477

- A National Health Education Standards / 478
- **B** Monthly Calendar: Health, Safety, and Nutrition Observances / 482
- C Federal Food Programs / 486
- D Children's Book List / 488
- E Nutrient Information: Fast-Food Vendor Websites / 493

Glossary

77 Y

Web Resources

References

511

Index