

Health, Safety, and Nutrition

for the Young Child

F O U R T H E D I T I O N



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4th Edition

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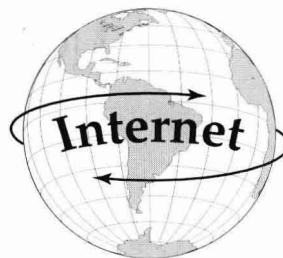
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Preface

THE ORIGINAL IN A FOURTH EDITION

We are pleased to present the fourth edition of *Health, Safety, and Nutrition for the Young Child*. This best-selling, full color early education book was the first text to address the three most crucial areas of child development:

- Children's health status;
- A safe, yet challenging learning environment; and
- Proper nutrition.

THE INTENDED AUDIENCE

Health, Safety, and Nutrition for the Young Child is intended for students working in an educational setting, for child caregivers, and for adults and parents who desire additional information about current concepts in the fields of health, safety, and nutrition and their relationship to the young child. The text is also intended to help adults assist young children in developing good habits and attitudes, and to assume lifelong responsibility for their own well-being.

CURRENT COVERAGE

The fourth edition of this text includes updated information on the most current issues in child care. Emphasis is given to the topic of quality child care and organizing quality care environments for children. In addition, the fourth edition includes increased coverage of AIDS and children, ADD, ADHD, Sudden Infant Death Syndrome (SIDS), lead poisoning, diabetes, seizures, allergies, asthma, eczema, sickle cell anemia, immunization, emergency care, and common illnesses, as well as life-threatening conditions.

OTHER SPECIAL COVERAGE

- The new "Food Guide Pyramid"
- Toddler feeding
- Infant feeding concerns
- Sample activity plans

ORGANIZATION

The 21 chapters of the book comprehensively cover all the areas caregivers, teachers, and paraprofessionals need to understand to improve social conditions affecting the health of young children.

Pedagogy assists the student in mastering each chapter:

1. “Terms to Know” are listed at the beginning of each chapter, in color where they appear within the chapter, and again in the glossary at the back of the book. Reinforcement and cross-referencing enhance comprehension.
2. Objectives appear at the beginning of each chapter to focus the reader on key areas of learning.
3. Bulleted lists alert the reader to specific examples.
4. Real life, colorful photographs taken on location at centers and schools, show children as they work and play in appropriate settings.
5. The summary, briefly restating each main point, concludes the chapter and is followed by:
 - Suggested Activities;
 - Chapter Review Questions;
 - References; and
 - Additional Reading (for those who need more).

Appendices, designed to be used in conjunction with all 21 chapters include:

- Nutrition analysis of various fast foods
- Growth charts
- Sources for additional information
- Federal Food Program listings

A comprehensive glossary and index conclude the text with reader-friendly cross-references.

DESIGN

We were proud to present the first full-color early childhood textbook and we continue that tradition with a beautiful contemporary design in this edition.

All new colors and attractive new unit and chapter openers invite the reader into the book. Multicultural photographs, all taken on location at child care centers and schools, plus art contribute to the visual appeal of the text.

ANCILLARIES

The Instructor’s Manual includes answers to review questions, test items, multimedia resources, discussion topics, and from the United States Department of Agriculture, *The Nutritive Value of Foods*.

Flash! electronic study guide for Windows is an optional student aid.

THE ULTIMATE GOAL

A child’s health status, a safe but challenging learning environment, and proper nutrition affect the care, nurturance, and optimal physical and cognitive development of the young child. Over a decade ago, each of these subject areas was viewed

a separate entity, but research has shown that the correlation among them is so intertwined that they cannot be completely separated. Philosophies concerning health care have also undergone notable change. Today, there is a great deal of attention being focused on the concept of health promotion and preventive health care—approaches that recognize that direct relationships exist between health status, safety, nutrition, and numerous social and environmental factors including poverty; inequality of medical care and pollution; and informed individuals who accept responsibility for their own well-being and who work to improve social conditions affecting health.

ABOUT THE AUTHORS

Lynn R. Marotz received her Ph.D. from the University of Kansas, M. Ed. from the University of Illinois, and a B. S. in Nursing from the University of Wisconsin. She has served as the Health and Safety Coordinator and Associate Director of the Edna A. Hill Child Development Center for twenty years. In addition, she teaches several courses in the Early Childhood program (Department of Human Development and Family Life, University of Kansas) including health/safety/nutrition, and administration, and provides comprehensive training related to these topics for students in the undergraduate and graduate Early Childhood Teacher Education programs. Her contributions include numerous conference presentations, writings, professional appointments, and involvement in state and community organizations that advocate for children and families.

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Brief Contents

Preface	xvii
<i>Unit 1 Health, Safety, and Nutrition: An Introduction</i>	<i>xxi</i>
Chapter 1 Interrelationship of Health, Safety, and Nutrition	1
<i>Unit 2 Health of the Young Child: Maximizing the Child's Potential ...</i>	<i>15</i>
Chapter 2 Promoting Good Health	17
Chapter 3 Health Appraisals	38
Chapter 4 Health Assessment Tools	52
Chapter 5 Conditions Affecting Children's Health	80
Chapter 6 The Infectious Process and Effective Control	101
Chapter 7 Communicable and Acute Illness: Identification and Management	120
<i>Unit 3 Safety for the Young Child</i>	<i>149</i>
Chapter 8 Creating a Safe Environment	151
Chapter 9 Safety Management	179
Chapter 10 Management of Accidents and Injuries	207
Chapter 11 Child Abuse and Neglect	239
Chapter 12 Educational Experiences for Young Children	259
<i>Unit 4 Foods and Nutrients: Basic Concepts</i>	<i>287</i>
Chapter 13 Nutritional Guidelines	289
Chapter 14 Nutrients That Provide Energy (carbohydrates, fats, and proteins)	307
Chapter 15 Nutrients That Promote Growth of Body Tissues (proteins, minerals, and water)	322
Chapter 16 Nutrients That Regulate Body Functions (proteins, minerals, water, and vitamins)	336

<i>Unit 5 Nutrition and the Young Child</i>	355
Chapter 17 Infant Feeding	357
Chapter 18 Feeding the Toddler and Preschool Child	375
Chapter 19 Planning and Serving Nutritious Meals	392
Chapter 20 Food Safety and Economy	416
Chapter 21 Nutrition Education Concepts and Activities	440
Appendices	469
A Nutrition Analysis of Various Fast Foods	470
B Growth Charts for Boys and Girls	473
C Sources of Free and Inexpensive Materials Related to Health, Safety, and Nutrition	482
D Federal Food Programs	488
Glossary	491
Index	501

Contents

List of Select Figures	xiv
List of Tables	xv
Preface	xvii

Unit 1

Health, Safety, and Nutrition: An Introduction xxi

Chapter 1 Interrelationship of Health, Safety, and Nutrition 1

Health / 2 Factors Influencing Health / 3 Safety / 4
Factors Affecting Children's Safety / 5 Nutrition / 6
Effects of Nutrition on Children / 6 Health, Safety, and
Nutrition: An Interdependent Relationship / 7 Implications
for Early Childhood Caregivers / 7 Protection / 8
Services / 8 Education / 9 Summary / 10 Suggested
Activities / 11 Chapter Review / 12



Unit 2

Health of the Young Child: Maximizing the Child's Potential 15



Chapter 2 Promoting Good Health 17

Growth and Development / 18 Growth / 19 Development / 22
Promotion of Good Health / 22 Special Considerations / 26
Accident Prevention / 26 Dental Health / 27 Mental Health / 29
Summary / 33 Suggested Activities / 34 Chapter Review / 34

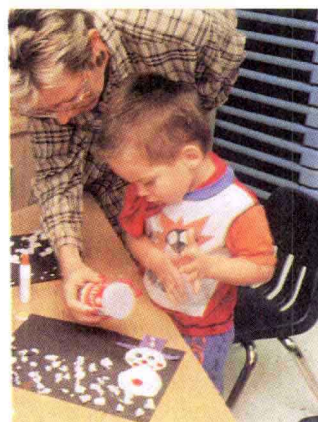


Chapter 3 Health Appraisals 38

Concern for Children's Health / 39 Information Gathering / 39 Observation as a Screening Tool / 41 Health Inspections / 42 Method / 42 Recording / 45 Interpretations / 45 Managing Health Risks / 46 Other Benefits / 46 Involving Parents / 46 Parents' Responsibility / 47 Health Education / 48 Parent Education / 48 Summary / 49 Suggested Activities / 49 Chapter Review / 50

Chapter 4 Health Assessment Tools 52

Health Records / 53 Child Health Histories / 55 Medical and Dental Examinations / 56 Screening Procedures / 56 Measurements of Height and Weight / 57 Sensory Development / 58 Vision Screening / 58 Methods of Assessment / 60 Common Disorders / 62 Management / 63 Hearing Screening / 64 Methods of Assessment / 64 Common Disorders / 66 Management / 67 Speech and Language Evaluation / 68 Methods of Assessment / 69 Common Disorders / 69 Management / 69 Nutritional Assessment / 70 Assessment Methods / 70 Common Disorders / 72 Management / 73 Referrals / 74 Summary / 75 Suggested Activities / 76 Chapter Review / 76



Chapter 5 Conditions Affecting Children's Health 80

Fatigue / 81 Posture / 82 Diabetes / 83 Seizures / 85 Allergies / 88 Asthma / 90 Eczema / 91 Attention Deficit Disorders (with or without hyperactivity) / 91 Lead Poisoning / 94 Sickle Cell Anemia / 95 Summary / 96 Suggested Activities / 96 Chapter Review / 97

Chapter 6 The Infectious Process and Effective Control 101

Communicable Illness / 102 Stages of Illness / 104 Control Measures / 105 Observations / 105 Policies / 106 Immunization / 109 Environmental Control / 112 Education / 115 Summary / 116 Suggested Activities / 116 Chapter Review / 117





Chapter 7 Communicable and Acute Illness: Identification and Management 120

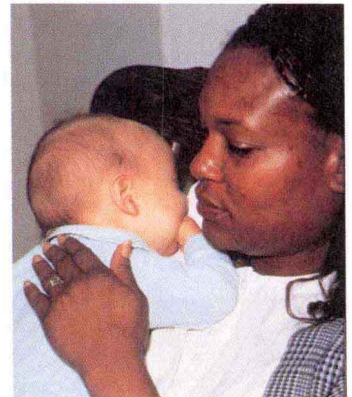
Identifying Sick Children / 121 Common Communicable Illnesses / 121 Special Concerns / 121 Acquired Immunodeficiency Syndrome (AIDS) / 121 Sudden Infant Death Syndrome (SIDS) / 133 Common Acute Illnesses / 133 Colds / 133 Diaper Rash / 134 Diarrhea / 135 Dizziness / 136 Earache / 136 Fainting / 137 Fever / 138 Headaches / 140 Heat Rash / 140 Lyme Disease / 140 Reye's Syndrome / 141 Sore Throat / 141 Stomachaches / 142 Teething / 143 Toothache / 143 Vomiting / 144 Summary / 144 Suggested Activities / 145 Chapter Review / 145

Unit 3

Safety for the Young Child 149

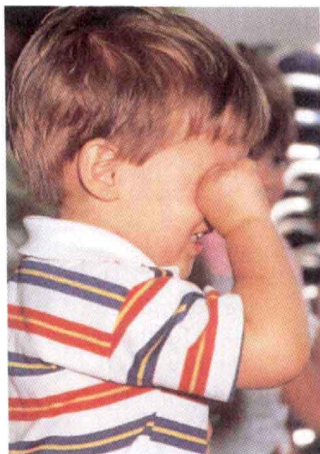
Chapter 8 Creating a Safe Environment 151

Quality Settings / 152 Parent Education / 153 Resource and Referral Services / 153 Professional Accreditation / 153 Licensing / 154 Obtaining a License / 155 Federal Regulations / 156 Environmental Standards / 156 Building Facilities / 156 Outdoor Play Areas / 164 Staff Qualifications / 166 Group Size and Composition / 168 Program Content / 169 Health Services / 170 Transportation / 172 Summary / 173 Suggested Activities / 174 Chapter Review / 175



Chapter 9 Safety Management ... 179

What is an Accident? / 180 Accident Prevention / 181 Advanced Planning / 185 Establishing Rules / 186 Careful Supervision / 188 Safety Education / 190 Implementing Safety Practices / 190 Toys and Equipment / 191 Classroom Activities / 196 Field Trips / 198 Pets / 199 Legal Implications / 199 Summary / 203 Suggested Activities / 203 Chapter Review / 204



Chapter 10 Management of Accidents and Injuries 207

Emergency Care vs. First Aid / 210 Life-Threatening Conditions / 212 Absence of Breathing / 212 Airway Obstruction / 215 Shock / 219 Asthma / 220 Bleeding / 221 Diabetes / 221 Drowning / 224 Electric Shock / 224 Head Injuries / 224 Poisoning / 225 Conditions That Are Not Life-Threatening / 227 Abrasions, Cuts, and Other Minor Skin Wounds / 227 Bites / 227 Blisters / 229 Bruises / 229 Burns / 229 Eye Injuries / 230 Fractures / 231 Frostbite / 232 Heat Exhaustion and Heat Stroke / 232 Nosebleeds / 233 Seizures / 234 Splinters / 234 Sprains / 234 Tick Bites / 235 Tooth Emergencies / 235 Summary / 235 Suggested Activities / 236 Chapter Review / 236

Chapter 11 Child Abuse and Neglect 239

Discipline vs. Punishment / 240 Abuse and Neglect / 241 Reporting Laws / 243 Factors Contributing to Abuse and Neglect / 246 Characteristics of Abusive/Neglectful Adults / 246 Presence of a "Special" Child / 247 Family and Environmental Stresses / 247 The Role of the Teacher / 248 Helping Abused or Neglected Children / 248 Helping Parents / 252 Inservice Training / 253 Summary / 253 Suggested Activities / 254 Chapter Review / 255



Chapter 12 Educational Experiences for Young Children 259

The Role of Parents in Health and Safety Education / 260 The Role of Teacher Inservice Programs in Health and Safety Education / 262 Principles of Instruction / 262 Topic Selection / 262 Objectives / 265 Curriculum Presentation / 266 Evaluation / 267 Activity Plans / 268 Sample Activity Plan #1: Germs and Prevention of Illness / 269 Sample Activity Plan #2: Handwashing / 270 Sample Activity Plan #3: Dressing Appropriately for the Weather / 273 Sample Activity Plan #4: Dental Health / 274 Sample Activity Plan #5: Toothbrushing / 275 Sample Activity Plan #6: Understanding Feelings (Mental Health) / 276 Sample Activity Plan #7: Safety in Cars / 277 Sample Activity Plan #8: Pedestrian Safety / 279 Sample Activity Plan #9: Poisonous Substances—Poison Prevention / 280 Summary / 282 Suggested Activities / 282 Chapter Review / 283



Unit 4**Foods and Nutrients: Basic Concepts 287****Chapter 13 Nutritional Guidelines 289**

Recommended Daily Dietary Allowances / 291 Dietary Guidelines for Americans / 295 The Food Guide Pyramid / 295 The Bread, Cereal, Rice, and Pasta Group / 296 The Vegetable Group and the Fruit Group / 297 Milk, Yogurt, and Cheese Group / 299 Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group / 299 Fats, Oils, and Sweets Group / 300 Nutritional Labeling / 300 Calories From Fat / 302 Summary / 302 Suggested Activities / 303 Chapter Review / 303

Chapter 14 Nutrients That Provide Energy (carbohydrates, fats, and proteins) 307

Carbohydrates as Energy Sources / 311 Simple Sugars / 311 Compound Sugars / 311 Complex Carbohydrates / 313 Fats as Energy Sources / 314 Proteins as Energy Sources / 315 Summary / 315 Suggested Activities / 317 Chapter Review / 318

**Chapter 15 Nutrients That Promote Growth of Body Tissues (proteins, minerals, and water) 322**

Proteins for Growth / 323 Protein Requirements / 324 Minerals for Growth / 326 Building Bones and Teeth / 326 Building Blood / 328 The Role of Water / 329 The Role of Vitamins / 330 Summary / 330 Suggested Activities / 331 Chapter Review / 332

Chapter 16 Nutrients That Regulate Body Functions (proteins, minerals, water, and vitamins) 336

Vitamins as Regulators / 337 Vitamins in Energy Metabolism / 342 Vitamins in Cellular Reproduction and Growth / 342 Vitamins That Regulate Bone Growth / 343 Vitamins That Regulate Neuromuscular Function / 344 Vitamins That Regulate Blood Formation / 344 Minerals as Regulators / 345 Minerals in Energy Metabolism / 345 Minerals in Cellular Reproduction and Growth / 345 Minerals That Regulate Neuromuscular Function / 348 Proteins as Regulators / 348 Proteins in Energy Metabolism and Growth Regulation / 348 Water as a Regulator / 349 Summary for Chapters 14, 15, and 16 / 350 Summary of Biological Functions of Nutrients / 350 Summary / 351 Suggested Activities / 352 Chapter Review / 352



Unit 5

Nutrition and the Young Child 355



Chapter 17 Infant Feeding 357

Profile of an Infant / 358 Meeting Nutritional Needs of the Infant / 358 The First Six Months / 361 The Caregiver and the Breast Feeding Mother / 362 The Caregiver and the Formula Fed Infant / 363 Preparation of Formula / 363 Feeding Time for the Infant / 363 Introducing Semi-Solid (Pureed) Foods / 366 Developmental Readiness / 366 Physiological Readiness / 366 Some Common Feeding Concerns / 370 Summary / 372 Suggested Activities / 372 Chapter Review / 373

Chapter 18 Feeding the Toddler and Preschool Child 375

Profile of Toddlers and Preschoolers / 375 The Challenge of Feeding a Toddler / 377 What Foods Should Be Served and How Much / 378 When to Serve Food / 379 How to Make Eating Time Comfortable, Pleasant, and Safe / 380 As the Toddler Becomes a Preschooler / 382 Guidelines for Feeding the Preschooler / 382 Good Eating Habits / 383 Health Problems Relating to Eating Habits / 385 Some Common Feeding Concerns During Toddler and Preschool Years / 386 Summary / 388 Suggested Activities / 388 Chapter Review / 389



Chapter 19 Planning and Serving Nutritious Meals 392

Meal Planning / 393 A Good Menu Meets Nutritional Needs / 393 A Good Menu Meets Funding or Licensing Requirements / 397 A Good Menu is Appealing / 401 A Good Menu Includes Familiar Foods and New Foods / 403 Steps in Menu Planning / 404 Writing Menus / 407 Nutritious Snacks / 408 Suitable Snack Foods / 408 Serving Meals / 410 Summary / 412 Suggested Activities / 413 Chapter Review / 414

