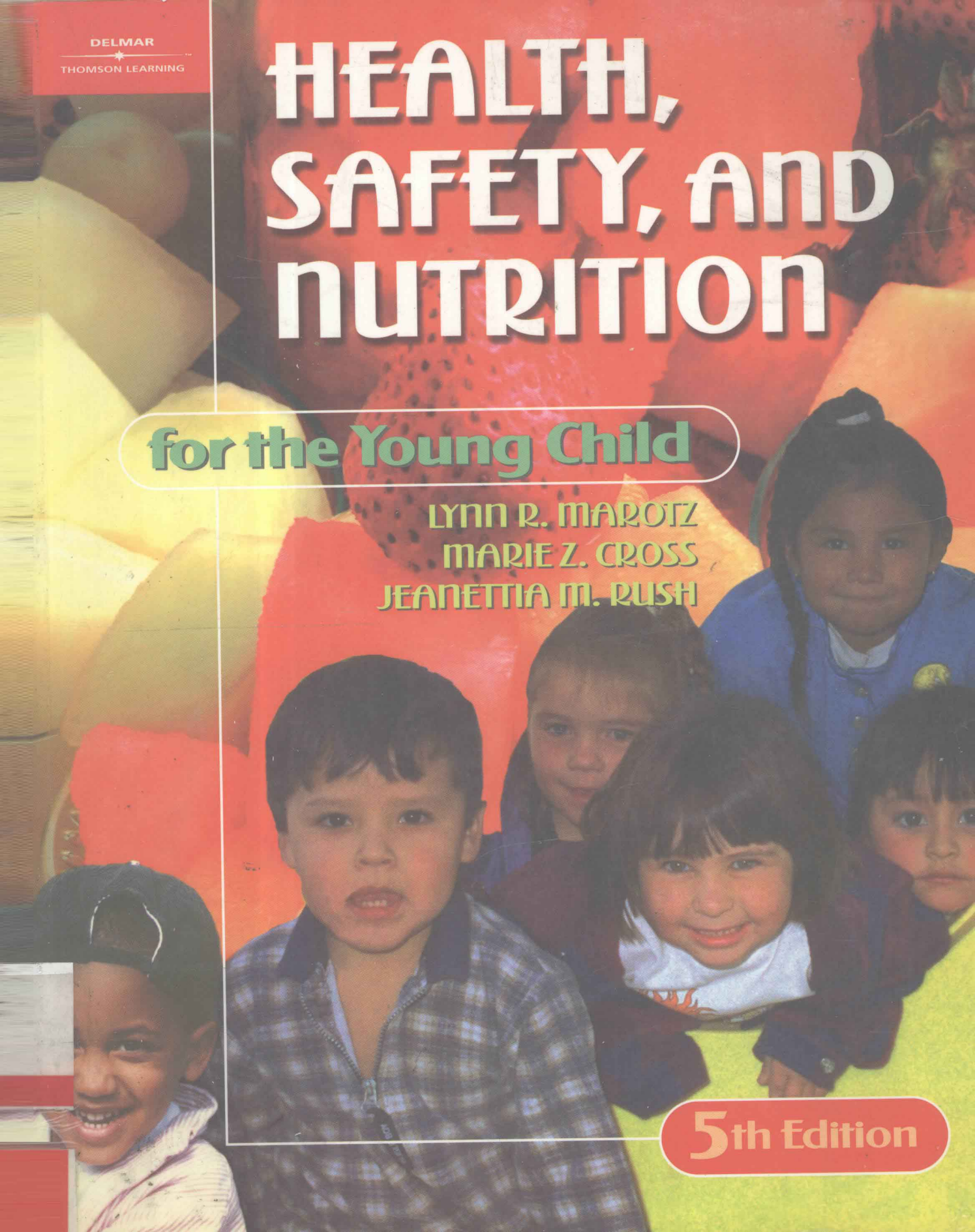


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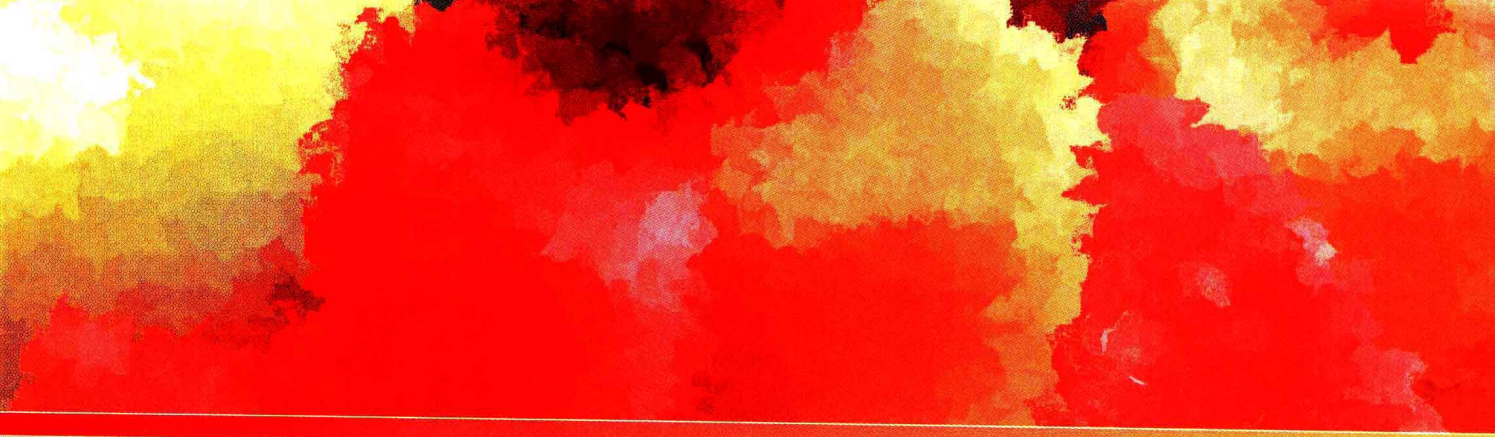
HEALTH, SAFETY, AND NUTRITION

for the Young Child

LYNN R. MAROTZ
MARIE Z. CROSS
JEANETTIA M. RUSH



5th Edition



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by Lynn R. Marotz
Marie Z. Cross
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PREFACE

THE ORIGINAL IN A FIFTH EDITION

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

- ▼ children's health status and health education
- ▼ creating and maintaining safe, yet challenging learning environments
- ▼ proper nutrition

THE INTENDED AUDIENCE

First and foremost, *Health, Safety, and Nutrition for the Young Child* is written on behalf of young children everywhere. Ultimately, it is children who benefit from having parents and teachers who understand and know how to protect and promote their safety and well-being. In this fifth edition, the term *teachers* applies to those individuals who are dedicated to working with, and caring for, young children and replaces previously used titles, such as care provider or caregiver. *Teachers* is also used to acknowledge the important teaching role that parents play in children's lives. Its use also reflects and supports efforts to achieve professional recognition and status for those working in early childhood education.

Health, Safety, and Nutrition for the Young Child is intended for students, new and experienced early childhood teachers, parents, and colleagues in any role that touches children's lives. The material is based on current research and reflects the latest developments in health, safety, and nutrition as well as their application in early childhood settings. It is the authors' hope that after reading and studying the material addressed in this text, parents, teachers, and other professionals will understand and value the important role they play in fostering preventive health concepts and helping young children begin to establish good habits, attitudes, and life-long responsibility for optimizing personal well-being.

ORGANIZATION AND CONTENT

The fifth edition of *Health, Safety, and Nutrition for the Young Child* continues to emphasize the important role teachers play in promoting children's health and fostering their development of healthy attitudes, values, and practices. Information on previously-included topics, such as allergies, SIDs, HIV/AIDS, ADD, otitis media, food safety, and menu planning has been updated and expanded. Several new topics, such as Fetal Alcohol Syndrome and tuberculosis, have also been introduced in this edition. Because

safety is always a critical concern when working with young children in any setting, information on creating safe indoor and outdoor environments (Chapter 8) has been significantly reorganized and expanded.

This new edition is written in a clear, concise, and thought-provoking manner. As always, emphasis is placed on establishing quality learning environments and practices that respect the diversity of settings, families, and teachers who care for young children. Opportunities for expanding children's understanding of health, safety, and nutrition are stressed throughout the book. This comprehensive book is a resource that no early childhood professional should be without!

NEW FEATURES

Several new features have been introduced in the fifth edition to help expand your understanding of fundamental concepts and their application in contemporary child care settings:

- ▼ **Reflective Thoughts**—This feature is intended to encourage students and teachers to examine personal attitudes and practices based on the concepts presented in each chapter. Thought-provoking questions are included to stimulate individual reflection and/or class discussion.
- ▼ **Issues to Consider**—This feature showcases current events and is designed to help you relate basic principles of health, safety, and nutrition discussed in the text to everyday situations and settings. A series of questions is provided to stimulate individual thought and/or group discussion.
- ▼ **Case Studies**—Case studies have been provided in each chapter to encourage the application of basic concepts to everyday practice. Questions are designed to guide individual thought and/or group discussion.
- ▼ **Helpful Web sites**—This new feature acknowledges the important role that technology plays in today's world. Web addresses are provided at the end of each chapter for readers who wish to further explore topics presented in the text.

Online Resources™

The Online Resources™ to accompany the fifth edition of *Health, Safety, and Nutrition for the Young Child* is your link to early childhood education on the Internet. The Online Resources™ contain many features to help focus your understanding of health, safety, and nutrition for the young child:

- ▼ **Critical Thinking Forum**—In this section you have the opportunity to respond to “Reflective Thoughts” and “Issues to Consider” concepts. Various health, safety, and nutrition scenarios and thought-provoking questions test your understanding of the content provided in the text. You can share your ideas with classmates and interact informally with your instructor online.
- ▼ **Web Activities**—These activities direct you to a Web site(s) and allow you to conduct further research and apply content related to health, safety, and nutrition, for the young child.
- ▼ **Web Links**—For each chapter, a summarized list of Web links is provided for your reference.
- ▼ **Sample Quizzes**—Questions are provided on-line to test your knowledge of the material presented.

- ▼ **Online Early Education Survey**—This survey gives you the opportunity to respond to what features you like and what feature you want to see improved on the Online Resources™.



The Online Resources™ icon appears at the end of each chapter to prompt you to go online and take advantage of the many features provided.

You can find the Online Resources™ at www.EarlyChildEd.delmar.com.

PEDAGOGY

Pedagogy is designed to facilitate mastery:

1. *Terms to Know* are listed in order of appearance at the beginning of each chapter, in color where they appear within the chapter, in a running glossary at the bottom of the page on which they appear, 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 help you focus on key areas of learning.
3. Bulleted lists alert you 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. Full-color illustrations and tables reinforce important chapter concepts.
6. The summary, now presented in a bulleted list, concludes the chapter and is followed by:
 - ▼ Case Study
 - ▼ Suggested Activities
 - ▼ Chapter Review Questions
 - ▼ References
 - ▼ Additional Reading (for those who need more)
 - ▼ Helpful Web Sites
7. Appendices, designed to be used in conjunction with all 21 chapters, include:
 - ▼ Appendix A Nutrition analysis of various fast foods
 - ▼ Appendix B Growth charts for boys and girls
 - ▼ Appendix C Sources of free and inexpensive materials related to Health, Safety, and Nutrition
 - ▼ Appendix D Federal Food Programs

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 accompanying art contribute to the visual appeal of the text.

ANCILLARIES

Instructor's Manual

The Instructor's Manual includes answers to review questions, test items, multimedia resources, discussion topics, and test bank.

Computerized Test Bank

The computerized test bank is comprised of multiple choice, true/false, short answer, and completion questions for each chapter.

Instructors can use the computerized test bank software to create sample quizzes for students. Refer to the CTB User's Guide for more information on how to create and post quizzes to your school's Internet or Intranet server. Your students may also access sample quizzes created by Delmar from their Web site for Online Resources™ for Students at <http://www.EarlyChildEd.delmar.com>.

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 as a separate entity, but research has shown the correlation among them is so intertwined that they cannot be completely separated. Philosophies concerning health care have also undergone notable change. Today, attention is being focused on the concept of health promotion and preventive health care—approaches that recognize the direct relationships which exist between health status, safety, nutrition, and numerous social and environmental factors including poverty; inequality of medical care and access to good nutrition; 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-five years. In addition, she also teaches courses in the Early Childhood program (Department of Human Development and Family Life, University of Kansas) including health/safety/nutrition, foundations of early childhood, parenting, 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, involvement in state initiatives, and community organizations that advocate for children and families.

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The authors also wish to express their appreciation to a number of special people whose encouragement and technical assistance helped to make this book a valuable resource for early childhood professionals. They would like to extend an appreciation to Jim Murray, RN, M.I.C.T. and training officer with the Douglas County Ambulance Service for reviewing the materials on emergency first aid. They also wish to thank the various photographers for their unique abilities to capture the delight of young children and the editorial and production staff at Delmar for their insight, encouragement, and guidance in making this an even better edition.

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