

# **EDU-153 : Health, Safety, and Nutrition**

**Credits** 3

**Lab** 0

**Lecture** 3

**Clinical/WkExp** 0

**Session Cycle**

Spring Only

**Description**

This course covers promoting and maintaining the health and well-being of every child. Topics include health and nutritional guidelines, common childhood illnesses, maintaining safe and healthy learning environments, health benefits of active play, recognition and reporting of abuse/neglect, and state regulations. Upon completion, students should be able to apply knowledge of NC Foundations for Early Learning and Development for health, safety, nutritional needs and safe learning environments.