



## HFST 2125

**Division:** Social and Behavioral Science

**Department:** Home and Family Studies

**Course:** HFST 2125

**Title:** Foods and Nutrition for Children Lab

**Catalog Description:**

This course is a lab that accompanies HFST 2120 and presents principles of health, safety, and nutrition as they relate to the needs of children. It explores characteristics and abilities of young children and encourages the development of skills and techniques needed to plan and prepare food for the early childhood classroom.

**General Education Requirements:** N/A

**Semesters Offered:** Fall

**Credit/Time Requirement:** Credit: 0; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Prerequisites:** N/A

**Corequisites:** HFST 2120

**Justification:**

HFST 2120 and 2125 present the latest developments in health, safety, and nutrition for young children as well as their application in early childhood settings. These courses are required for completion in the Child Care Management Applied Associate Degree program. HFST 2120, accompanied by the lab HFST 2125, is recommended as a core course in the program by the Snow College Child Development Center Advisory Board.

Similar courses in content and purpose are taught at other colleges and universities in Utah; e.g., EDEC 1140, Utah Valley State College; NFS 2120, Southern Utah University; and NFW 2020, Dixie State College.

**Student Learning Outcomes:**

Students will:

- use appropriate techniques for early childhood observations
- use CACP guidelines to plan snacks for children
- use early childhood classroom management techniques
- use learning plan guidelines to develop appropriate health, safety and nutrition curriculum plans

**Content:**

This course will include practical experience in the following areas:

- Health, Safety, and Nutrition: An Introduction
  - Interrelationship of Health, Safety, and Nutrition

- World Poverty
- Poverty in America
- Health of the Young Child: Maximizing the Child's Potential
  - Promoting Good Health
  - Health Appraisals
  - Health Assessment Tools
  - Conditions Affecting Children's Health
  - The Infectious Process and Effective Control
  - Communicable and Acute Illness: Identification and Management
- Safety for the Young Child
  - Creating Quality Environments
  - Safety Management
  - Management of Accidents and Injuries
  - Child Abuse and Neglect
  - Educational Experiences for Young Children
- Foods and Nutrients: Basic Concepts
  - Nutritional Guidelines
  - Nutrients That Provide Energy
  - Nutrients That Promote Growth of Body Tissues
  - Nutrients That Regulate Body Functions
- Nutrition and the Young Child
  - Pregnancy
  - Infant Feeding
  - Feeding the Toddler and Preschool Child
  - Planning and Serving Nutritious and Economical Meals
  - Food Safety
- Nutrition Education Concepts and Activities
- Special Topics in Nutrition

**General Education Outcomes:**

**Key Performance Indicators:**

Students do not receive credit for this lab that is separate from the credit received for HFST 2120. The observations and assignments completed by students in this lab are assessed as part of the grade received for HFST 2120.

**Representative Text and/or Supplies:**

- L.R. Marotz, M.Z. Cross, and J.M. Rush, *Health, Safety, and Nutrition*, current edition, United States: Delmar.
- C. Berman and J. Fromer, *Meals Without Squeals: Child Care Feeding Guide and Cookbook*, current edition, United States: Bull Publishing.

**Optimum Class Size:** 24

**Maximum Class Size:** 24

**Signatures:**

I hereby submit this course syllabus:

---

Tracie Bradley, MEd, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

---

Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

---

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

---

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

---

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)