

ECE 262: Health, Safety and Nutrition for the Young

Explores health, nutrition, and safety issues for children ages Infant through preschool. Includes state licensing requirements in early care and education settings, family style eating practices, USDA food program requirements, safe environments for children, healthy lifestyle practices, and childhood illness.

Course Student Learning Outcomes

- Evaluate early care and education environments based on state licensing practices.
- Develop lesson plans tied to nutrition and family style eating practices
- Complete quizzes or exams.
- Engage in activities and tasks related to course content.

Credits: 3

Prerequisites: [WR 115 RD 115 MTH 20](#) Equivalent placement test scores also accepted.

Program: [Early Childhood Education](#)