

## CHLD202: Health, Safety & Nutrition for the Young Child

### Readings & Resources

#### Required Textbook(s):

Marotz, L., Cross, M., & Rush, J. (2012). *Health, safety, and nutrition for the young child*. (8<sup>th</sup> ed.) Clifton Park, NY: Thomson Delmar Learning

#### Suggested Resources:

AbilityPath.org. (2012) *Finding balance: Obesity and children with special needs*. Available from <http://www.abilitypath.org/health-daily-care/health/growth-and-nutrition/articles/obesity/pdfs/obesity-report.pdf>

Anti-Defamation League. (2004). *Assessing Children's Literature*. Available from <http://www.adl.org/education/assessing.asp>

American Childhood Cancer Organization. (2012). *Just for kids*. Available from <http://www.acco.org/Information/ForKids/ForKids.aspx>

American Childhood Cancer Organization. (2012). *Free books for families of children with cancer*. Available from <http://www.acco.org/Information/Resources/Books.aspx>

AstraZeneca. (2004). *Bubbliboo*. Available from <http://www.bubbliboo.com/>

Atmakur, Sruthi. (N.D.). UNICEF. *The State of the World's Children 2013: Children with Disabilities. Focus: Playgrounds of Inclusion*. Available from [http://www.unicef.org/sowc2013/focus\\_playgrounds\\_of\\_inclusion.html](http://www.unicef.org/sowc2013/focus_playgrounds_of_inclusion.html)

Center for Disease Control. (2012). *Winnable Battles: Nutrition, physical activity and obesity*. Available from <http://www.cdc.gov/WinnableBattles/Obesity/index.html>

Children's Disabilities Information. (n.d.). *Feeding Issues of Children*. Available from <http://www.childrensdisabilities.info/feeding/index.html>

Division for Early Childhood. (2007). *Prevention of social, emotional, physical and cognitive disabilities and the promotion of health, safety and well-being*. Available from [http://www.dec-sped.org/uploads/docs/about\\_dec/position\\_concept\\_papers/PositionStatement\\_PreventPromote.pdf](http://www.dec-sped.org/uploads/docs/about_dec/position_concept_papers/PositionStatement_PreventPromote.pdf)

Division for Early Childhood. (2004). *Responsiveness to family, culture, values and education*. Retrieved from [http://www.dec-sped.org/uploads/docs/about\\_dec/position\\_concept\\_papers/ConceptPaper\\_Resp\\_FamCul.pdf](http://www.dec-sped.org/uploads/docs/about_dec/position_concept_papers/ConceptPaper_Resp_FamCul.pdf)

Division for Early Childhood. (2010). *Responsiveness to all children, families, and professionals: Integrating cultural and linguistic diversity into policy and practice*. Retrieved from [http://www.dec-sped.org/uploads/docs/about\\_dec/](http://www.dec-sped.org/uploads/docs/about_dec/)

[position concept papers/Position Statement Cultural and Linguistic Diversity updated sept2010.pdf](#)

- Emma, L., & Jarrett, M. (2010). *How we play- cultural determinants of physical activity in young children*. Virginia: Head Start Body Start: National Center for Physical Development and Outdoor Play. Retrieved from [http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay\\_LitReview.pdf](http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay_LitReview.pdf)
- Fleitas, J. (2009). *Bandaides and Blackboards*. Available from <http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/>
- Head Start. (2012). *I am Moving, I am Learning: A proactive approach for addressing childhood obesity in Head Start children*. Available from [http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/healthy-active-living/imil/imil\\_report.pdf](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/healthy-active-living/imil/imil_report.pdf)
- Hill, C. and Campos, M. (2012). *I am moving, I am learning: a proactive approach for addressing childhood obesity in Head Start Children* [slide show]. Available from <http://caheadstart.org/2012HI/CHill.pdf>
- Illinois Department of Children and Family Services. (2010, December 15). *Licensing standards for day care centers*. Available from <http://www.state.il.us/dcfcs/docs/407.pdf>
- Illinois State Board of Education: Division of Early Childhood Education. (2013). Illinois Early Learning Project. *Illinois early learning standards*. Available from <http://illinoisearlylearning.org/standards/index.htm>
- Illinois State Board of Education: Division of Early Childhood Education. (2013). *Illinois Early Learning Guidelines for Children Birth to Age 3*. Available from <http://www.isbe.net/earlychi/pdf/el-guidelines-0-3.pdf>
- Illinois State Board of Education, Nutrition and Wellness Programs, Child and Adult Care Food Program. (2013). *Child and Adult Care Food Program Administrative Handbook For Child Care Centers*. Available from <http://www.isbe.net/nutrition/cacfp-handbook/cacfp-handbook.pdf>
- National Association for the Education of Young Children. (2012). NAEYC for Families. *Quality Child Care Matters NAEYC Accredited Programs The Right Choice for Kids*. Available from <http://families.naeyc.org>
- National Food Service Management Institute. (2006). *Handbook for Children with Special Food and Nutrition Needs*. University of Mississippi: Author. Available from <http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20111103084132.pdf>
- National Resource Center for Health and Safety in Child Care and Early Education. (2012). *Caring for our children: National health and safety performance standards; Guidelines*

- for early care and education programs. 3rd edition. Available from <http://nrckids.org/CFOC3/PDFVersion/list.html>
- National Resource Center for Health and Safety in Child Care and Early Education. (2012). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd edition. Appendix EE: America's Playgrounds Safety Report Card.* Available from [http://nrckids.org/CFOC3/PDFVersion/PDF\\_Color/CFOC3\\_EE.pdf](http://nrckids.org/CFOC3/PDFVersion/PDF_Color/CFOC3_EE.pdf)
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- Shane's Inspiration. (2013). *Shane's Inspiration.* Available from: [www.shanesinspiration.org](http://www.shanesinspiration.org)
- TED: Ideas Worth Sharing. (Feb. 2010). *Jamie Oliver's TED prize wish: Teach every child about food* [video]. Available from [http://www.ted.com/talks/jamie\\_oliver.html](http://www.ted.com/talks/jamie_oliver.html)
- US Consumer Product Safety Commission. (2010). *Public playground safety checklist (CPSC Document #327).* Available from <http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Sports-Fitness-and-Recreation/Playground-Safety/Public-Playground-Safety-Checklist/>
- UNICEF. (2013). *The State of the World's Children 2013: A report about children with disabilities around the world- What needs to happen.* Available from [http://www.unicef.org/sowc2013/files/Easy\\_Read\\_5\\_June\\_SWCR\\_2013\\_Amend\\_1.pdf](http://www.unicef.org/sowc2013/files/Easy_Read_5_June_SWCR_2013_Amend_1.pdf)
- United States Department of Agriculture, Food and Nutrition Services. (2012). *Breastfeeding Promotion and Support in WIC.* Available from <http://www.fns.usda.gov/wic/Breastfeeding/mainpage.HTM>
- United States Department of Agriculture. (n.d.). *Choose My Plate.gov.* Available from <http://www.choosemyplate.gov/index.html>
- United States Department of Agriculture. (n.d.). *Choose My Plate, Picky Eating, Kitchen Activities.* Available from <http://www.choosemyplate.gov/preschoolers/picky-eaters/kitchen-activities.html>
- United States Department of Agriculture. (n.d.). *Choose My Plate, Health and Nutrition Information for Preschoolers, Picky Eating.* Available from <http://www.choosemyplate.gov/preschoolers/picky-eaters.html>

United States Department of Agriculture. (2014). *Crediting Handbook for the Child and Adult Care Food Program*. Available from [http://www.fns.usda.gov/sites/default/files/CACFP\\_creditinghandbook.pdf](http://www.fns.usda.gov/sites/default/files/CACFP_creditinghandbook.pdf)

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