



## Nutrition, Health and Safety for Young Children: Promoting Wellness (2nd Edition)

By Joanne Sorte, Inge Daeschel, Carolina Amador

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**Nutrition, Health and Safety for Young Children: Promoting Wellness (2nd Edition)** By Joanne Sorte, Inge Daeschel, Carolina Amador

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A comprehensive overview of the nutrition, health, and safety needs of young children from birth through school age, *Nutrition, Health, and Safety for Young Children: Promoting Wellness, 2/e* prepares future educators to implement healthful practices and teach young children ways to contribute to their own wellness. Through anecdotes, cases, and authentic examples, the authors use a storytelling approach that helps contextualize wellness concepts for readers, promote thinking about professional situations, and offer a glimpse into the everyday classroom environment—diverse populations of young children in family child care, child care centers, preschools, and elementary school settings. In this new edition, the text has been streamlined to 16 chapters and still covers the wide range of challenges that teachers of young children are facing today, such as: an increasingly diverse population of young learners, more identified food allergies, concern about the obesity epidemic, the increase in pertussis (whooping cough) cases, focus on serving children with special health care needs in classrooms, new kinds of threats to children's safety, and increased awareness of the need to develop healthy environments and use sustainable practices in early childhood settings. The Enhanced Pearson eText features embedded video.

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### Editorial Review

From the Back Cover

A comprehensive overview of the nutrition, health, and safety needs of young children from birth through school age.

*Nutrition, Health, and Safety for Young Children: Promoting Wellness, 2/e*, prepares future educators to implement healthful practices and teach young children ways to contribute to their own wellness. Anecdotes, cases, authentic examples, and a storytelling approach helps situate wellness concepts for readers, promote thinking about professional situations, and offer a glimpse into the everyday classroom experience—diverse populations of young children in family child care, child care centers, preschools, and elementary school settings. Streamlined throughout to include only 16 chapters, the text still covers the wide range of situations and challenges that teachers of young children are facing today.

New to this edition:

- Chapters were merged and material has been streamlined throughout in order to present the information in 16 chapters, better supporting course organization.
- New contributing articles, written by early childhood professionals from across the country, describe Progressive Programs & Practices that they have implemented to address issues and concerns in their communities.
- Important nutrition updates are presented including the *USDA MyPlate* approach for planning healthy meals, the Dietary Guidelines for Americans (2010 version) and information about the to the Healthy, Hunger-Free Kids Act of 2010, and the important changes to the school lunch program to that reflect current evidenced based practices for feeding young children.
- Discussion of health practices is enhanced to address current childhood health issues and classroom management of children's health needs.
- Safety chapters reflect recently revised practices including more focus on emergency preparedness, new strategies for implementing cardiopulmonary resuscitation, and expanded discussion of child maltreatment and violence in children's lives.
- New to this edition, provocative *A Matter of Ethics...* scenarios challenge students to consider professional practices and explore how teachers are guided by a professional code of behavior.
- New ideas are provided for teaching wellness concepts to children with special developmental needs and those who are learning English to ensure that all children have the opportunity to learn healthy practices.
- Revised Chapter 1, *Your Role in Children's Wellness*, establishes the importance of integrating nutrition, health, and safety concepts throughout professional teaching and in the daily curriculum.

About the Author

**Joanne Sorte** has worked as an early childhood professional for over 35 years. She received a bachelor of arts and master of science degrees in human development and family sciences from Oregon State University (OSU). She began her early childhood professional experiences as a home visitor for the Home Base program in Yakima, Washington, directed a preschool program for Lower Columbia College in Longview, Washington, and worked as the family services coordinator for Head Start. Currently she is a Senior Instructor for the College of Health & Human Sciences at Oregon State University. Joanne is Director of the

Oregon State University Child Development Laboratory which presents a blended early education program model where children from low-income families participate through support of the Oregon Head Start Prekindergarten Program, children with special developmental needs, and children from the general community attend preschool together. She directs the practicum experience for students majoring in childhood development, supervises graduate students, and facilitates research on child development and wellness. She is also an active member of the Oregon Head Start Association. She has co-authored an intervention program for preschool settings with Inge Daeschel, called *Health in Action: 5 Steps to Good Health*, and enjoys assisting early childhood settings to partner with families in improving children's wellness.

**Inge Daeschel** is a licensed and registered dietitian who is board certified as a specialist in pediatric nutrition. She received her bachelor of science degree in foods and nutrition science at Plattsburgh State University in New York. She completed her dietetic internship at Massachusetts General Hospital in Boston and received her master of science degree in nutrition science from the University of Tennessee at Knoxville. She worked at Duke University Medical Center, first as pediatric dietitian clinician and later as assistant chief clinical dietitian. This position was instrumental in developing her interest in helping families understand the nutritional needs of their children.

She and her family relocated to Oregon where she worked at the Corvallis Clinic and later accepted a faculty position as instructor in the department of Human Development and Family Sciences at Oregon State University (OSU) where she is health and nutrition services coordinator of the OSU Child Development Laboratory and the OSU Oregon Head Start Prekindergarten Program. Inge is also a nutrition consultant providing services to an area hospital, a WIC program, and Early Head Start, Head Start, and Migrant Head Start programs. Her expertise in feeding children is based on personal as well as professional experience, gained raising four children, including one with multiple food allergies. She has co-authored with Joanne Sorte an intervention program called *Health in Action: 5 Steps to Good Health* which promotes wellness by providing focused messages that address nutrition and physical activity in early childhood programs.

**Carolina Amador, M.D.**, is a board-certified pediatrician. She received a bachelor of education degree in speech pathology at the University of Georgia in Athens. She earned her medical degree from the Medical College of Georgia in Augusta and completed her residency in pediatrics at West Virginia University in Morgantown. She worked as chief resident in pediatrics at West Virginia University where she developed a lactation clinic as well as a focus on advocacy for breast-feeding mothers. She has a master's degree in public health from the University of Washington in Seattle with a focus on maternal and child health. She moved with her husband to Corvallis, Oregon, and has worked as a general pediatrician for 10 years, and is currently employed by a community health center that serves a large percentage of Hispanics and migrant workers. During these years as a general pediatrician, she has developed professional interests in childhood obesity prevention, health disparities, and Latino health. She has been involved in community events and organizations advocating for children's health including the Oregon State University Head Start Health Advisory Committee, the Benton County Healthy Weight and Lifestyle Coalition, the Benton County Oral Health Coalition, and the Breastfeeding Coalition of Benton County. Throughout her years of education and medical practice, she has participated in several international health experiences in Ecuador, Honduras, Uganda, and Malawi.

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