



# Safety, Nutrition and Health in Early Education

*Cathie Robertson*

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**Safety, Nutrition and Health in Early Education** Cathie Robertson

SAFETY, NUTRITION, AND HEALTH IN EARLY EDUCATION, Fifth Edition, prepares readers for a career in early childhood education through a combination of basic information and theory, practical applications, and resources. Emphasizing the realities of working with children from diverse backgrounds, the book covers four major subject areas: safety, nutrition, health, and wellness. This extensively updated and revised fifth edition--now written to NAEYC, DAP, and AAP/APHA standards guidelines--includes more material on wellness, the latest Dietary Guidelines for Americans 2010, groundbreaking research on fast food from Yale University, new information on "green" cleaning and the Go Green Rating Scale for Early Childhood Settings, and information on bed bugs. New Reality Check boxes take a closer look at current topics, such as developing brain research, rating elementary school lunches, school gardens, and pandemic outbreaks. Suggestions throughout the text offer practical guidance for working with children with disabilities and special needs.

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