



By Dr. Telly Kamelia

Key Decision Summary

- **Edition Fit:** ISBN 9780357765760 matches the eleventh-edition paperback of *Health, Safety, and Nutrition for the Young Child*.
- **Best Short-Term Value:** The 180-day digital option is the cheaper clean route in this snapshot.
- **Best Ownership Value:** The current paperback listing is still below the observed marketplace copy and far below the sampled official new-print comparator.
- **Courseware Check:** Confirm whether your section requires MindTap before assuming print alone covers the full course cost.
- **Price Snapshot Date:** April 15, 2026

If you only need the buying answer

If you only need this book for one course, the 180-day digital option at **\$50.99** is the lowest clean price in this snapshot. If you are an early-childhood major who expects to use the material again during practicum, field placement, or classroom work, the current paperback listing at **\$83.85** is the better ownership choice because it is still below the observed marketplace copy and dramatically below the sampled official new-print price.

Store	Format	Condition	Price	Link
Merybook	Paperback	New	\$83.85	Check listing
eCampus	Digital	180-day access	\$50.99	Check price
eCampus	Marketplace	Marketplace copy	\$87.38	Check price

Store	Format	Condition	Price	Link
eCampus	Paperback	New	\$249.69	Check price

The practical question here is not just whether print is cheaper than digital. It is whether this book is likely to leave the course with you. In early-childhood programs, health, safety, and nutrition guidance does not stay theoretical for long. Once students move into observation, practicum, or classroom responsibility, the book often turns into a reference for routines, checklists, food safety, sanitation, and child well-being rather than a text they read once and forget.

What this book actually teaches

Cengage describes the eleventh edition as a resource built around children's mental health, emergency and disaster preparedness, healthy dietary and physical-activity practices, food safety, bullying, resilience, chronic and acute conditions, environmental quality, and support for children with special medical needs. That is a much broader and more applied scope than a simple health survey. It is the kind of content students can carry into classroom planning and family-facing practice.

This is also why print has a stronger case here than it would for many one-term survey books. The material lends itself to return use. Students often need to look back at regulations, routines, or health-related decision points when they are no longer studying for a test but trying to handle a real early-childhood setting responsibly.

When digital is enough and when print is better

If this is only a short-term course requirement, the 180-day eText is the more economical path. If you expect to keep working in early-childhood education, the paperback is easier to defend because the book functions like a field-ready reference. The caution is the usual one for Cengage titles: if your course requires MindTap, the cheapest standalone print copy is not automatically the complete course solution.

Sources checked

- Cengage product page for *Health, Safety, and Nutrition for the Young Child*, 11th edition: [cengage.com](https://www.cengage.com)
- Cengage eTextbook listing for the digital version: [cengage.com](https://www.cengage.com)
- VitalSource listing for digital/print ISBN mapping: [vitalsource.com](https://www.vitalsource.com)
- Current marketplace and format pricing reviewed on April 15, 2026.