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*Online Test Bank*  
to accompany

**Nutrition, Health, and Safety in Young Children:  
Promoting Wellness**

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## Introduction

This test bank provides twenty multiple-choice and five essay questions for each chapter in *Nutrition, Health, and Safety for Young Children: Promoting Wellness*, by Joanne Sorte, Inge Daeschel, and Carolina Amador. Questions include knowledge, comprehension, application, analysis, and evaluation types. An answer key for multiple-choice questions is provided at the end of the test bank.

## Chapter 1

### The Interconnection of Nutrition, Health, and Safety

#### Multiple-choice Questions

Choose the response that best answers each question or completes each statement below.

1. The theory of ecological systems describes and explains spheres of influence impacting a child's growth and development, including:
  - a. environmental influences both inside and outside the family that connect and interact with one another.
  - b. environmental influences immediately surrounding the child.
  - c. safety and health influences that impacted the child's prenatal development.
  - d. the influence of the child's genetic makeup on the environment.
  
2. A teacher who is paying attention to teaching in all developmental domains in a center-based approach would:
  - a. request students remain quiet in the library listening center.
  - b. encourage language development and promote sharing and social skills in the library listening center.
  - c. teach a lesson on healthy foods by showing pictures of healthy foods and telling children about excellent snack choices.
  - d. try to prevent developmental domains from overlapping in each of the classroom centers.
  
3. In addition to providing key evidence-based diet recommendations, the *Dietary Guidelines for Americans, 2005* also includes a focus on which of the following?
  - a. Physical activity
  - b. Vitamin supplements
  - c. Water
  - d. Sleep
  
4. Which of the following is the best reason for helping to ensure a child's diet meets his/her nutritional demands during the early years?
  - a. It is necessary for proper growth and development during the early years.
  - b. Children are more likely to eat less than they need during the early years.
  - c. It is necessary for preventing obesity during the early years.
  - d. Children are learning eating habits during the early years.
  
5. How do the healthful benefits of one factor of nutrition, health, or safety affect the outcomes in the others?
  - a. Nutrition, health, and safety are closely aligned and interrelated.
  - b. Physical health has a greater affect on social, emotional, and physical development.
  - c. Nutrition affects health more than safety.
  - d. They are separate factors with unique consequences.

6. When can diet influence gene functions, creating a positive or negative impact on health?
  - a. Anytime after prenatal development
  - b. During pregnancy and prenatal development, early childhood, puberty, and old age
  - c. During prenatal development
  - d. It is unknown exactly when
  
7. When considering brain development during the early years, which of the following is the most helpful approach to educating young children?
  - a. Teachers should plan for more whole group learning time and enforce strict rules.
  - b. Teachers should spend the majority of time on basic academics and rote learning.
  - c. Teachers should test children's cognitive abilities using standardized tests frequently.
  - d. Teachers should plan safe, nurturing care and positive experiences.
  
8. All of the following statements are true regarding children living in rural communities *except*:
  - a. rates of physical activity are higher among children in rural communities.
  - b. there is an increased trend of obesity in rural communities.
  - c. children in rural communities may be at risk for environmental toxins such as industrial and vehicle contaminants.
  - d. children in rural communities might be at risk for environmental toxins such as agricultural sprays.
  
9. When used to describe groups, the term *ethnic* refers to:
  - a. groups with common racial and cultural origins or backgrounds.
  - b. groups with common national, tribal, religious, linguistic, racial, or cultural origins or backgrounds.
  - c. groups with common national, tribal, religious, and linguistic origins or backgrounds.
  - d. groups with a common and shared culture.
  
10. The study of how genes are "turned on and off" by external factors such as diet, abuse, and stress is called:
  - a. biogenetics.
  - b. critical period theory.
  - c. epigenetics.
  - d. ecological theory.

11. All of the following are examples of what it means for teachers to make a commitment to professionalism *except*:
- teachers will take purposeful action to improve children's health and well-being.
  - teachers will be intentional about the choices made when planning and implementing activities for children.
  - teachers will use evidence-based practices in their approach.
  - teachers will make choices based on the way it has always been done in their settings.
12. A trend in nutrition behaviors includes:
- fewer breast-fed infants.
  - people snacking less and eating out more.
  - more healthful diets, but higher caloric intakes.
  - children replacing fats with sugar intake.
13. Duane lives in a home with domestic violence and attends a poor quality early childhood program. From ecological theory, which environmental system does this represent?
- Exosystem
  - Macrosystem
  - Microsystem
  - Mesosystem
14. Cultural and ethnic practices that interface with the classroom may affect all of following *except*:
- expectations for boys and girls.
  - how sleeping arrangements are managed at home and how napping is arranged in the classroom.
  - comfort with health practices in the classroom.
  - health, safety, and nutrition guidelines for young children.
15. Which of the following is true about children's mental health?
- The incidence of mental health problems among young children is at a level of crisis in the United States today.
  - The incidence of children's mental health problems is overstated and children are overdiagnosed in the United States today.
  - Mental health is a term that applies to adults but not to children.
  - As many as 25% of children have serious, mild, or moderate mental health problems today.

16. Imagine you are a teacher. You plan to use evidence-based teaching practices even though several challenges will exist. In order to overcome these challenges, which of the following recommendation will be most helpful?
  - a. You will try new products, fads, and marketed curriculum and equipment to be ahead of the game.
  - b. You will only use evidence-based approaches if others in your school are supportive.
  - c. You will be flexible and willing to adapt new approaches after research investigations reveal new recommendations.
  - d. You will stick to what has worked before in your teaching environment.
  
17. Which of the following organizations provides a Code of Ethical Conduct for early childhood practitioners?
  - a. The National Resource Center for Health and Safety in Child Care and Early Education
  - b. The National Association for the Education of Young Children
  - c. The National Association for Family Child Care
  - d. The National Association of Child Care Resource and Referral Agencies
  
18. Each of the following statements is true regarding children living in poverty *except*:
  - a. being poor does not put children at risk for conditions that challenge children's ability to learn.
  - b. selecting low-cost foods contributes to children's malnourishment.
  - c. poverty requires families to make difficult choices, such as paying for rent or purchasing food.
  - d. poverty in and of itself does not cause poor health outcomes.
  
19. Which of the following provides standards for the direct provision of services to young children, guidelines for state licensing of early childhood programs, and a resource for policy development?
  - a. The No Child Left Behind Act of 2001 (NCLB)
  - b. The National Health and Safety Performance Standards for Child Care
  - c. Healthy People 2010
  - d. The Healthy Childcare America Initiative
  
20. Which of the following organizes 467 objectives within 28 health indicators to improve the quality and increase the number of years of healthy life and eliminate health disparities?
  - a. The No Child Left Behind Act (NCLB) of 2001
  - b. The National Health and Safety Performance Standards for Child Care
  - c. Healthy People 2010
  - d. The Healthy Childcare America Initiative



### **Essay-response Questions**

1. Pretend you are an early childhood teacher. You volunteer to prepare a slide show for parents and teachers regarding the obesity epidemic in early childhood. How would you begin describing the reasons for this obesity epidemic in your slide show and what ideas would you provide as solutions? List three reasons for the rise in obesity and three things teachers and parents can do to help.
2. Identify how each of the environmental systems in Bronfenbrenner's Ecological Systems Theory can impact children. Provide one example for each of the following (microsystem, mesosystem, exosystem, and macrosystem).
3. Discuss the role of brain development on early learning. How do early childhood teachers impact brain development?
4. Indicate two national initiatives supporting wellness. For each one describe the goals and their relevance to the early years.
5. Discuss the terms "multicultural early childhood classrooms" and "diverse family structures."

## Chapter 2

### Teaching Wellness Concepts

#### Multiple-choice Questions

Choose the response that best answers each question or completes each statement below.

1. The process of constructing knowledge was studied by all of these theorists *except*:
  - a. Jean Piaget.
  - b. Lev Vygotsky.
  - c. Jerome Bruner.
  - d. Sigmund Freud.
2. The process of accommodation can be described as:
  - a. incorporating new information into the working pool of knowledge and using it in an appropriate way.
  - b. taking in new information through a new experience.
  - c. repeating skills during constructive play that are exciting.
  - d. assimilating information at your own pace.
3. Scaffolding will help guide the learning process in all of the following ways *except*:
  - a. by offering challenges that are just beyond the child's current level of understanding and ability.
  - b. by supporting the child to move into new levels of understanding.
  - c. by structuring experiences that are familiar and of interest to the child.
  - d. by focusing on self-discovery learning with little structure.
4. Experience and learning change the "architecture" of the brain by
  - a. pruning the brain.
  - b. increasing the number of neurons.
  - c. decreasing brain plasticity.
  - d. decreasing the complexity of the brain cell network of connections.
5. A teacher who pays attention to teaching in the developmental domains will do all of the following *except*:
  - a. use a center-based approach.
  - b. keep lessons specific to content areas.
  - c. plan ways to teach concepts in multiple domains.
  - d. allow domains to overlap in each of the classroom centers.
6. Which of the following is the best hands-on lesson to teach about healthy foods?
  - a. Showing a picture of a fruit salad to show a healthful snack.
  - b. Preparing a fruit salad recipe.
  - c. Creating a chart of healthy foods at whole group time.
  - d. Sorting healthy and not healthy food pictures.