

Chapter 1

Your Role in Children's Wellness

Multiple-Choice Questions

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

1. 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.
2. 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
3. In addition to providing key evidence-based diet recommendations, the *Dietary Guidelines for Americans, 2010* also includes a focus on which of the following?
 - a. Physical activity
 - b. Vitamin supplements
 - c. Specific dietary needs of young children
 - d. Sleep
 - e. A and C
 - f. B and C
4. Which of the following is *not* true about the *MyPlate* system?
 - a. It is the new symbol to help Americans visually understand how much of each of the five food groups should make-up their meals.
 - b. It is a food guidance system to help families and teachers understand what to feed children.
 - c. It was developed by the USDA.
 - d. It requires a significant amount of training to use.
5. The various guidelines established for feeding children consider all of the following except
 - a. how food should be presented to children.
 - b. the roles and responsibilities of parents and teachers.
 - c. only government input.
 - d. the child's right to choose what and how much to eat from the foods that are offered.

6. Which of the following are not one of the key indicators for well-being cited in your text?
 - a. Health Insurance Coverage
 - b. Asthma and food allergies
 - c. Oral Health
 - d. Access to a medical home
7. Which of the following is true about children's mental health?
 - a. The incidence of mental health problems among young children is at a level of crisis in the United States today.
 - b. The incidence of children's mental health problems is overstated and children are over-diagnosed in the United States today.
 - c. Mental health is a term that applies to adults but not to children.
 - d. It is estimated that 25% of children ages 4–17 years have serious emotional or behavioral difficulties
8. 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 Healthy, Hunger Free Kids Act of 2010
 - b. The National Health and Safety Performance Standards for Child Care
 - c. Healthy People 2020
 - d. The Healthy Childcare America Initiative
9. Which of the following organizes 600 objectives within 42 topic areas and 28 health indicator focus areas to improve the quality and increase the number of years of healthy life and eliminate health disparities?
 - a. The Healthy, Hunger Free Kids Act of 2010
 - b. The National Health and Safety Performance Standards for Child Care
 - c. Healthy People 2020
 - d. The Healthy Childcare America Initiative
10. Which of the following statements about the Common Core Standards Initiative is *not* correct?
 - a. The Initiative was launched in 2010.
 - b. The standards are meant to provide a consistent framework for preparing children and youth in grades K–12 for college and the workforce.
 - c. The Initiative has been adopted by 35 states.
 - d. The Initiative provides a set of common standards to outline age related goals for English Language Arts and Literacy, History, Social Studies, Science, Technical Subjects and Mathematics.

11. 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
12. 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.
13. Each of the following statements is true regarding children living in poverty *except*:
- being poor puts children at risk for conditions that challenge children's ability to learn.
 - selecting low-cost foods may contribute to children's malnourishment.
 - Poverty may require families to make difficult choices, such as paying for rent or purchasing food.
 - poverty in and of itself does not cause poor health outcomes.
14. NAEYC's Code of Ethical Conduct and Statement embodies all *except*:
- a guide for teachers to be able to recognize and defend early childhood as a valuable and vulnerable stage of life.
 - a description of the importance of advocating for childhood immunizations.
 - a beginning point for child advocacy.
 - an articulation of the dispositions, values, beliefs, and attitudes held by professional teachers of young children.
15. Experience and learning change the "architecture" of the brain by:
- reinforcing the neural connections that are used and pruning those that are not used.
 - increasing the number of neurons.
 - decreasing brain plasticity.
 - decreasing the complexity of the brain cell network of connections

16. Brain Plasticity
- is an important part of the process of learning.
 - refers to the brain's ability to hold on to past information.
 - decreases the complexity of the brain cell network of connections.
 - refers to the brain's ability to be flexible and change when new information modifies existing neuron connections and expands or replaces previous knowledge.
 - A and C
 - A and D
17. Scaffolding will help guide the learning process in all of the following ways *except*:
- by offering challenges that are just beyond the child's current level of understanding and ability.
 - by supporting the child to move into new levels of understanding.
 - by structuring experiences that are familiar and of interest to the child.
 - by focusing on self-discovery learning with little structure.
18. The commonly recognized development and learning domains include all of the following *except*:
- physical development.
 - coordination development.
 - emotional development.
 - cognitive development.
19. A positive approach to learning includes fostering all of the following attributes *except*:
- Motivation and curiosity
 - Confidence
 - Persistence
 - Ability to wait for and follow directions
20. Purposeful teaching recognizes that learning:
- involves making a commitment to use evidence-based approaches.
 - happens when specific concepts are exclusively assigned to certain centers.
 - evolves through teacher-directed learning activities.
 - does not need to be planned.
21. Which of the following statements about evidence-based practices is true?
- Credibility should be based on cultural beliefs.
 - Cultural considerations should be prioritized over core informational practices.
 - Practices should represent personal values.
 - Information guiding wellness curriculum should be founded on research and promoted by reputable agencies.