

Name _____

[/test-bank-health-safety-and-nutrition-for-the-young-child-10e-martz](#)

Class _____

Date _____

Chapter 1

True / False

1. Health is primarily a state of physical well-being.

- a. True
- b. False

ANSWER:

False

2. An increasing number of children in the United States are experiencing food insecurity.

- a. True
- b. False

ANSWER:

True

3. Current definitions of health recognize that individuals must take a proactive role in reducing their risk of chronic disease.

- a. True
- b. False

ANSWER:

True

4. A teacher's knowledge of developmental norms plays an important role in the prevention of children's unintentional injuries.

- a. True
- b. False

ANSWER:

True

5. Food provides nutrients that influence a child's growth, development, and behavior.

- a. True
- b. False

ANSWER:

True

6. During the first six months, an infant can be expected to grow as much as one inch in length per month.

- a. True
- b. False

ANSWER:

True

7. Two-year-olds can be expected to play cooperatively with one another.

- a. True
- b. False

ANSWER:

False

8. Norms are skills that children should be able to demonstrate by a specific age.

- a. True
- b. False

ANSWER:

False

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9. Oral hygiene practices should be implemented once a child's permanent teeth have erupted.

- a. True
- b. False

ANSWER: False

10. Children's social-emotional competence can have a direct effect on their state of well-being.

- a. True
- b. False

ANSWER: True

11. The Whole School, Whole Community, Whole Child model establishes health and safety regulations that schools must follow.

- a. True
- b. False

ANSWER: False

12. A child who suffers from depression may be indecisive, exhibit uncontrollable anger, and/or have difficulty sleeping.

- a. True
- b. False

ANSWER: True

Multiple Choice

13. The current definition of health emphasizes the:

- a. medical treatment and cure of disease
- b. limits set by a person's genetic makeup
- c. interrelatedness of physical, mental, economic, cultural, and social well-being
- d. toxic effects of environmental substances

ANSWER: c

14. Children who are born into poverty are more likely to:

- a. have a shorter life expectancy
- b. experience more birth defects and serious medical conditions
- c. experience a higher rate of learning and behavior problems
- d. all answers are correct

ANSWER: d

15. The most important reason for including health education in early childhood programs is to:

- a. reduce the incidence of communicable disease in school settings
- b. implement the results of the latest child research
- c. engage families and hold them responsible for children's well-being
- d. help children to develop sound health habits and concepts at an early age

ANSWER: d

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16. Measures taken to protect young children's safety require an understanding of their:

- a. likes and dislikes
- b. developmental stage and abilities
- c. gender
- d. family background

ANSWER:

b

17. A child's nutritional status affects:

- a. behavior
- b. energy and activity levels
- c. resistance to infection
- d. all answers are correct

ANSWER:

d

18. The term heredity refers to:

- a. transmission of genetic characteristics
- b. inborn temperament and developmental abilities
- c. psychological influences on health
- d. social factors, such as poverty, child abuse, and air pollution that affect health status

ANSWER:

a

19. Teachers influence children's mental health in all of the following ways EXCEPT:

- a. accepting each child as an individual
- b. showing consistency in the setting and enforcement of classroom standards
- c. giving in to children's requests, demands, and desires
- d. providing classroom experiences that are relevant to children's interests and ability level

ANSWER:

c

20. Neural connections form as the result of:

- a. heredity
- b. biological maturation
- c. daily experiences
- d. physical activity

ANSWER:

c

21. Which of the following statements most accurately describes "normal" growth and development of the preschool child?

- a. It occurs at a uniform rate for all children.
- b. Each individual follows a unique pattern.
- c. It is a simple and predictable process.
- d. It has limited effect on behavior.

ANSWER:

b

22. The _____ (CHIP) makes low-cost health insurance available to income-eligible families:

- a. Children's Health Insurance Program
- b. Coordinated Health Investment
- c. Certified Health Insurers
- d. Cooperative Health Indemnity

ANSWER:

a

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23. Mental illness is a significant health problem that may develop as the result of:

- a. negative self-concept
- b. living in a dysfunctional family
- c. heredity
- d. all answers—and many other factors—are correct

ANSWER: d

24. The leading cause of death among young children is due to:

- a. birth defects
- b. unintentional injuries
- c. communicable illness
- d. hereditary diseases

ANSWER: b

Completion

25. The qualities of health, safety, and nutrition are closely _____.

ANSWER: interrelated

26. The concept of preventive health implies that individuals must assume some responsibility for their personal _____.

ANSWER: well-being
well being

27. Hand washing, physical fitness, and the consistent use of seat belts are examples of _____ health care.

ANSWER: preventive

28. A person's health is determined by a combination of _____ and environmental factors.

ANSWER: heredity
hereditary
genetic

29. Vigorous _____ has a positive effect on children's behavior, mental health, and weight management.

ANSWER: physical activity

30. The concept of gender identity begins to emerge at around age _____ to _____ years.

ANSWER: seven, eight
7, 8

31. Repeated failure and frustration can lead to a sense of poor _____.

ANSWER: self-esteem
self esteem
self-concept
self concept

32. _____ can lead to changes in a child's emotional and/or physical well-being.

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ANSWER:

Stress

33. The _____ program promotes children's preventive health by encouraging improved eating and physical activity habits.

ANSWER:

Let's Move!

Let's Move

34. Learning to control aggressive behaviors is important for children's _____ health.

ANSWER:

mental

social-emotional

social emotional

35. Inadequate or unpredictable access to a healthy diet is called _____.

ANSWER:

food insecurity

Subjective Short Answer

36. Describe how heredity influences health.

ANSWER: It sets biological limits for achieving growth, development, and health potential.

37. What is the intended purpose of the "Healthy People 2030" national initiative?

ANSWER: The Healthy People initiative establishes goals and recommendations for the promotion of health and disease prevention and improving the quality of health in the United States. It challenges communities to improve the public's awareness of preventive health measures and to make preventive services more accessible.

38. In what way(s) does having health insurance contribute to children's well-being?

ANSWER: It improves children's access to health care and the opportunity to have medical conditions treated in their early stages. It promotes a better quality of life for children and betters their chances of succeeding in school.

39. What health risks are associated with premature birth?

ANSWER: Children who are born prematurely experience a higher incidence of early death, including Sudden and Unexpected Infant Death (SUIDs) and Sudden Infant Death Syndrome (SIDS), and a greater risk of disabilities and health conditions (e.g., vision, hearing, developmental).

40. Why is it important to be aware of children's social-emotional well-being?

ANSWER: Social-emotional health affects children's physical well-being and their ability to learn and interact with others. It plays an important role in self-concept formation and success later in life.

41. What factors make each child a unique individual?

ANSWER: A combination of different biological materials, personal experiences, and environmental conditions interact to continuously shape and reshape a person into a unique individual.

42. Why are fears and nightmares more common during the preschool years?

ANSWER: Preschool children often have a heightened awareness and imagination. They also tend to self-explain events that may not be fully understood, such as thunder or lightning.

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43. Why should vigorous physical activity be a regular part of children's daily routine?

ANSWER: It contributes to improved health, happiness, and learning, and reduces stress, the risk of obesity, and behavior problems.

44. In what ways can poverty affect children's language development?

ANSWER: Researchers have found that poverty often limits children's exposure to books and newspapers. There also tends to be less verbal interaction between parents and children, and the quality is typically more negative.

45. What positive effects can stress have on children's development?

ANSWER: Stress is a normal and natural occurrence in children's lives. When stress is experienced in a safe, trusting, and supportive environment, it provides opportunities for children to learn new coping skills, social convention and rules, problem-solving, and how to handle their emotions.

Essay

46. Children are confronted with a multitude of challenges as they grow up. Explain why some children are able to overcome chronic adversity while others fall victims to its effects. What skills appear to make some children more resilient and how can teachers and families foster these qualities?

ANSWER: A combination of personal characteristics (e.g., above-average cognitive ability, easy-going temperament, positive self-esteem, strong sense of self, effective communication and problem-solving skills), a dependable relationship with an adult, and a strong social network are essential to children's resilience. Researchers have identified a number of skills that seem to improve children's ability to overcome chronic diversity including effective communication, problem-solving and decision-making; accepting responsibility; developing a sense of pride in achievements; learning from mistakes; learning to become independent; empathy; anger management and impulse control; conflict resolution; and, a sense of optimism. Adults can promote children's acquisition of these and other resilient behaviors through a variety of strategies, including those presented in Teacher Checklist 1-4.