Health Safety and Nutrition for the Young Child 10th edition Marotz Test Bank

SKU: 9780357040775-TEST-BANK

True / False

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

ANSWER:	False
RATIONALE:	A person's state of health involves more than just physical well-being. Health encompasses physical, emotional, social, economic, cultural, and spiritual wellness.
POINTS:	1
DIFFICULTY:	Easy
REFERENCES:	Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS:	United States - NAEYC.1 - Promoting child development and learning United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Understanding
DATE CREATED:	10/11/2018 9:27 PM
DATE MODIFIED:	12/20/2018 9:32 AM

2. An increasing number of children in the United States are experiencing food insecurity.
   a. True
   b. False

ANSWER:	True
RATIONALE:	Approximately 18-20 percent of children under age 18 live in food insecure households. This number continues to increase and affects a greater proportion of minority and single-parent households.
POINTS:	1
DIFFICULTY:	Easy
REFERENCES:	Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS:	United States - NAEYC.02 - Building family and community relationships. United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS:	Bloom's: Remembering
DATE CREATED:	10/11/2018 9:27 PM
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3. Current definitions of health recognize that individuals must take a proactive role in reducing their risk of chronic disease.
   a. True
   b. False

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Health Safety and Nutrition for the Young Child 10th edition Marotz Test Bank

ANSWER:	True
RATIONALE:	The choices that an individual makes have a significant immediate and long-term effect on health and the development of chronic diseases.
POINTS:	1
DIFFICULTY:	Moderate
REFERENCES:	The Preventive Health Concept
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Understanding
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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
RATIONALE:	Teachers are able to create safe learning activities and environments when they understand children's typical skills and abilities at a given age.
POINTS:	1
DIFFICULTY:	Moderate
REFERENCES:	Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Understanding
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DATE MODIFIED:	10/30/2018 12:27 PM

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

a. True

b. False

ANSWER:	True
RATIONALE:	All essential nutrients (vitamins, minerals, protein, carbohydrates, water, fats) that children require for optimal growth and development are available from food. Nutrients that are deficient or consumed in excess can have a negative effect on growth, development, and behavior.
POINTS:	1

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DIFFICULTY:	Easy
REFERENCES:	Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Understanding
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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
RATIONALE:	An infant's birth length increases by approximately 50 percent during the first year. The most rapid growth occurs during the first 6 months.
POINTS:	1
DIFFICULTY:	Moderate
REFERENCES:	Children’s Growth and Development
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Remembering
DATE CREATED:	10/11/2018 9:27 PM
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7. Two-year-olds can be expected to play cooperatively with one another.
   a. True
   b. False

ANSWER:	False
RATIONALE:	Most toddlers play by themselves (solitary play) and engage in onlooker (watching what other children are doing) and parallel (playing side-by-side but not together) play. Young children do not typically begin to play together cooperatively until age three or four.
POINTS:	1
DIFFICULTY:	Moderate
REFERENCES:	Children’s Growth and Development
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

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NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

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

a. True

b. False

ANSWER: False

RATIONALE: Developmental norms identify milestones when the majority of children are able to perform a given skill. There is a wide range of normalacy.....some children will demonstrate the skill earlier than this and some will do so later.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Children’s Growth and Development

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Remembering

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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

RATIONALE: Oral hygiene practices should be initiated during early infancy and continued forever. Tooth buds are present in the infant's gums and must be cared for by wiping them after each feeding to prevent cavity formation.

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Promoting a Healthy Lifestyle

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children’s wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Understanding

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10. Children’s social-emotional competence can have a direct effect on their state of well-being.
    a. True
    b. False

ANSWER: True
RATIONALE: Social-emotional competence affects all dimensions of health, including physical, spiritual, cultural, etc.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children’s wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Understanding
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11. The Whole School, Whole Community, Whole Child model establishes health and safety regulations that schools must follow.
    a. True
    b. False

ANSWER: False
RATIONALE: The Whole School, Whole Community, Whole Child model acknowledges the critical effect that children's health has on learning. The plan assumes an ecological approach and encourages collaboration among schools, families, agencies, and community partners in meeting children's health, safety, and academic needs to promote learning.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: The Preventive Health Concept
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children’s health needs.
NATIONAL STANDARDS: United States - NAEYC.02 - Building family and community relationships.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Remembering
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12. A child who suffers from depression may be indecisive, exhibit uncontrollable anger, and/or have difficulty sleeping.
    a. True
    b. False

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ANSWER:	True
RATIONALE:	These behaviors are common signs of childhood depression. Additional signs may include apathy, loss of appetite, frequent complaints of illness, and poor self-esteem.
POINTS:	1
DIFFICULTY:	Moderate
REFERENCES:	Promoting a Healthy Lifestyle
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS:	Bloom's: Remembering
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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
RATIONALE:	Health is a complex entity that acknowledges the effect that physical, emotional, social-emotional, economic, cultural, and spiritual well-being have on one another.
POINTS:	1
DIFFICULTY:	Easy
REFERENCES:	Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS:	United States - NAEYC.05 - Using content knowledge to build meaningful curriculum. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Understanding
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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

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RATIONALE: Children born into poverty experience a high rate of birth defects, early death, and chronic diseases, including anemia, lead poisoning, and asthma. They are also more likely to be exposed to family violence, child maltreatment, substance abuse, and have more learning and behavioral challenges in school.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.02 - Building family and community relationships.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

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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

RATIONALE: Children are more open and receptive to establishing healthy habits at an early age. It requires more time and effort to eliminate poor habits once they are formed.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Concept

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children’s health needs.

NATIONAL STANDARDS: United States - NAEYC.05 - Using content knowledge to build meaningful curriculum.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

DATE CREATED: 10/11/2018 9:27 PM

DATE MODIFIED: 11/10/2018 9:04 AM

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

RATIONALE: An understanding of children's developmental characteristics and skills is essential for implementing measures that will protect them from harm.

POINTS: 1

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Health Safety and Nutrition for the Young Child 10th edition Marotz Test Bank

DIFFICULTY: Moderate
REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS: Bloom's: Easy
DATE CREATED: 10/11/2018 9:27 PM
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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
RATIONALE: The quality of a child's diet affects behavior, growth and development, and their resistance to illness.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Understanding
DATE CREATED: 10/11/2018 9:27 PM
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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
RATIONALE: Genes (DNA), inherited from both biological parents, determine a child's physical characteristics and establish limits for growth, development, and health potential.
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Remembering

DATE CREATED: 10/11/2018 9:27 PM

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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

RATIONALE: Teachers influence and support children's mental health through their acceptance of each child as a unique individual, setting expectations and responding consistently, and providing meaningful learning experiences.

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Promoting a Healthy Lifestyle

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

DATE CREATED: 10/11/2018 9:27 PM

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20. Neural connections form as the result of:
    a. heredity
    b. biological maturation
    c. daily experiences
    d. physical activity

ANSWER: c

RATIONALE: Neural connections form in response to daily learning experiences and are strengthened through repeated use. Neural connections that are seldom used are eliminated through a process of pruning.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Child Growth and Development

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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LEARNING OBJECTIVES: HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

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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

RATIONALE: Most children master critical developmental skills at approximately the same age. However, the process is often unique to an individual child who is a product of different experiences, environments, interactions, and heredity.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Children's Growth and Development

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Understanding

DATE CREATED: 10/11/2018 9:27 PM

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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

RATIONALE: Low-cost health insurance for children is available to income eligible families through the Children's Health Insurance Program (CHIP).

POINTS: 1

DIFFICULTY: Easy

REFERENCES: The Preventive Health Concept

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

NATIONAL STANDARDS: United States - NAEYC.02 - Building family and community relationships.
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

KEYWORDS: Bloom's: Remembering

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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
RATIONALE: Mental health problems often involve a combination of factors, including heredity, disability, living in a dysfunctional family, and poor self-concept.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Moderate
DATE CREATED: 10/11/2018 9:27 PM
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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
RATIONALE: More than 2000 children under age 14 die each year as the result of unintentional injuries, the number one cause of childhood death.
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS: Bloom's: Easy
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Completion

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

ANSWER:	interrelated
POINTS:	1
DIFFICULTY:	Easy
REFERENCES:	Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE:	Completion
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Remembering
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26. The concept of preventive health implies that individuals must assume some responsibility for their personal _____.

ANSWER:	well-being well being
POINTS:	1
DIFFICULTY:	Easy
REFERENCES:	The Preventive Health Concept
QUESTION TYPE:	Completion
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children’s health needs.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS:	Bloom's: Understanding
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27. Hand washing, physical fitness, and the consistent use of seat belts are examples of _____ health care.

ANSWER:	preventive
POINTS:	1
DIFFICULTY:	Moderate
REFERENCES:	The Preventive Health Concept
QUESTION TYPE:	Completion
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children’s health needs.

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NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Applying

DATE CREATED: 10/11/2018 9:27 PM

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

ANSWER: heredity
hereditary
genetic

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship

QUESTION TYPE: Completion

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

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

ANSWER: physical activity

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

QUESTION TYPE: Completion

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

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

ANSWER: seven, eight
7, 8

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POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Children's Growth and Development
QUESTION TYPE: Completion
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Understanding
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31. Repeated failure and frustration can lead to a sense of poor _____.
ANSWER: self-esteem
self esteem
self-concept
self concept
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Completion
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Remembering
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32. _____ can lead to changes in a child's emotional and/or physical well-being.
ANSWER: Stress
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Completion
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion

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and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

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

ANSWER: Let's Move!
Let's Move

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Concept

QUESTION TYPE: Completion

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

KEYWORDS: Bloom's: Remembering

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

ANSWER: mental
social-emotional
social emotional

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

QUESTION TYPE: Completion

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

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

ANSWER: food insecurity

POINTS: 1

DIFFICULTY: Easy

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REFERENCES: The Preventive Health Concept
QUESTION TYPE: Completion
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS: United States - NAEYC.02 - Building family and community relationships.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS: Bloom's: Understanding
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Subjective Short Answer

36. Describe how heredity influences health.
ANSWER: It sets biological limits for achieving growth, development, and health potential.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Understanding
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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.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: The Preventive Health Approach
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children’s health needs.
NATIONAL STANDARDS: United States - NAEYC.02 - Building family and community relationships.
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

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KEYWORDS: Bloom's: Applying
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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.

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: The Preventive Health Concept
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
KEYWORDS: Bloom's: Analyzing
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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).
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Health, Safety, and Nutrition: An Interdependent Relationship
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Understanding
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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.
POINTS: 1

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DIFFICULTY: Moderate
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Analyzing
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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.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Children's Growth and Development
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.04 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
KEYWORDS: Bloom's: Applying
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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.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Applying

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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.
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS: United States - NAEYC.01 - Promoting child development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Understanding
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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.
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Promoting a Healthy Lifestyle
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: HSN.MARO.10.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.
NATIONAL STANDARDS: United States - NAEYC.2c - Involving families and communities in young children's development and learning.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS: Bloom's: Applying
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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.
POINTS: 1
DIFFICULTY: Moderate

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REFERENCES:	Promoting a Healthy Lifestyle
QUESTION TYPE:	Subjective Short Answer
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS:	Bloom's: Analyzing
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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.
POINTS:	1
DIFFICULTY:	Difficult
REFERENCES:	Promoting a Healthy Lifestyle
QUESTION TYPE:	Essay
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	HSN.MARO.10.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
NATIONAL STANDARDS:	United States - NAEYC.01 - Promoting child development and learning. United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
KEYWORDS:	Bloom's: Applying
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