Health Safety and Nutrition for the Young Child International Edition 11th edition Marotz Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01 Children's Well-Being: What It Is and How to Achieve It

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

ANSWER: False

2. 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

3. 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

4. During the first six months, an infant can be expected to grow almost one inch in length per month.
   a. True
   b. False

ANSWER: True

5. Two-year-olds can be expected to play cooperatively with one another.
   a. True
   b. False

ANSWER: False

6. Norms are skills that children should be able to demonstrate at a specific age.
   a. True
   b. False

ANSWER: False

7. Oral hygiene practices should be implemented as soon as a child's permanent teeth have erupted.
   a. True
   b. False

ANSWER: False

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

ANSWER: True

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

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b. False

ANSWER: False

10. A child who suffers from depression may be indecisive, exhibit uncontrollable anger, and/or have difficulty sleeping.
    a. True
    b. False

ANSWER: True

11. 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

12. 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

13. Measures taken to protect children's safety require an understanding of their:
    a. likes and dislikes. b. developmental stage and abilities.
    c. gender. d. family background.

ANSWER: b

14. Children who have a poor self-concept are more likely to experience:
    a. obesity.
    b. mental health disorders.
    c. few peer friendships.
    d. diabetes and heart disease.

ANSWER: b

15. The term heredity refers to:
    a. transmission of genetic characteristics.
    b. inborn temperament and developmental abilities.
    c. psychological influences on health.
    d. factors such as poverty and adverse experiences that affect health.

ANSWER: a

16. Teachers influence children's mental health in all of the following ways EXCEPT:
    a. accepting each child as an individual.
    b. establishing and enforcing consistent classroom standards.

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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

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

ANSWER: c

18. 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

19. The objective of the Active People, Healthy Nation^{SM} initiative is to:
a. enroll all children in a weekly exercise class.
b. increase the number of adult recreational facilities.
c. establish physical activity limits for each age group.
d. provide safe and accessible travel routes, facilities, and recreational programs.

ANSWER: d

20. The leading cause of death among young children is:
a. birth defects. b. unintentional injuries.
c. communicable illness. d. hereditary diseases.

ANSWER: b

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

ANSWER: interrelated

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

ANSWER: well-being
well being

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

ANSWER: preventive

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

ANSWER: heredity
genetics

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

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management.
ANSWER: physical activity

26. The concept of gender identity begins to emerge at around age _____ to _____.
ANSWER: seven, eight
7, 8

27. Repeated failure and frustration can lead to a sense of poor _____.
ANSWER: self-esteem
self esteem
self-concept
self concept

28. Creating a safe and respectful classroom, providing constructive feedback, and addressing children's individual needs are some examples of how teachers can foster a child's _____ competence.
ANSWER: social-emotional

29. Inadequate or unpredictable access to a healthy diet is called _____ _____.
ANSWER: food insecurity

30. Describe how heredity influences health.
ANSWER: It sets biological limits for achieving growth, development, and health potential.

31. 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, disease prevention, and improving the quality of individuals' 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.

32. 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 the early stages. It promotes a better quality of life for children and improves their chances of succeeding in school.

33. 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 disorders (e.g., vision, hearing, developmental).

34. 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.

35. 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.

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

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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.

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

ANSWER: It contributes to improved health, happiness, self-concept, and learning. In addition, it reduces stress, the risk of obesity, and behavior problems.

38. What effect can poverty have on children's language development?

ANSWER: Researchers have found that poverty often limits children's exposure to books and other print media. They have also observed less verbal interaction between adult caregivers and children; these exchanges tend to be more negative in quality.

39. 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 conventions and rules, problem-solving, and how to handle their emotions.

40. 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 victim 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 adversity, 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.

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