

Chapter 2 Maintaining a Healthy Classroom

2.1 Multiple Choice Questions

1) Physical fitness guidelines recommend that preschool children should:

- A) Be sure to rest at least 60 minutes daily
- B) Not accumulate more than 30 minutes of structured physical activity daily
- C) Exercise in short bouts with time-outs for rest
- D) Save strenuous running for outside

2) If the program has no indoor gymnasium, you should:

- A) Have children do body action chanting in the classroom
- B) Have children do their exercising on the outside playground
- C) Have children march around the building
- D) Put up a loft in the classroom

3) Physically challenged children who cannot run should:

- A) Have someone push them in a wheelchair
- B) Read a book about running and jumping
- C) Wait till the others have finished
- D) Sit and move their arms and legs while chanting

4) A picture book that can involve children in exercising is:

- A) How to Get a Gorilla Out of Your Bathtub
- B) Froggy Goes to the Doctor
- C) Open Wide!
- D) Jump!

5) Resting for children in a preschool program should include:

- A) A time everyone needs to go to sleep on their cots
- B) A 15-minute rest period every morning
- C) A group rest time only when necessary
- D) A staff member to make sure everyone has their eyes closed

6) Because young children are smaller than adults, they should:

- A) Not eat low-fat foods
- B) Eat larger meals at a time
- C) Not have snacks between meals
- D) Be sure to clean their plates

7) Childhood obesity can be reduced by:

- A) Standing rather than sitting at the art table
- B) Giving them new food choices
- C) Having children serve themselves
- D) Not allowing them to take second helpings

8) Healthy foods can be introduced to children by:

- A) Having a variety of foods
- B) Serving cookies only for snacks or parties
- C) Serving a new food every day
- D) Not reading books like I Will Never Not Ever Eat a Tomato

9) It is the teacher's responsibility to:

- A) Keep children inside if they are not dressed warmly for cold weather
- B) Disinfect toys and surfaces the children have touched
- C) Clean toilets and scrub floors
- D) Clean the bathroom once a week

10) To prevent the spread of germs, you should:

- A) Have children wash their hands after eating
- B) Have a toothpaste tube large enough for everyone
- C) Have children cover their nose with their hands when sneezing
- D) Change the water in the water table daily

11) The Attention Deficit/Hyperactivity Disorder :

- A) Can be caused by too much sugar
- B) Needs to be diagnosed by a professional
- C) Is found in girls more than in boys
- D) Is often caused by strict parenting

12) To help children having ADHD, you should:

- A) Establish clear rules for acceptable behavior
- B) Have them sit in a time-out chair when they misbehave
- C) Keep them from running around
- D) Not use immediate rewards

13) A child can stay in school who has:

- A) A fever and vomiting
- B) A headache and rash
- C) A fever and earache
- D) A runny nose and cough

14) If a child has asthma, he should:

- A) Be kept at home
- B) Lie down until the attack is over
- C) Use an emergency inhaler or prescribed medication
- D) Not be involved in emergency room pretending in dramatic play

- 15) Chicken pox is a highly contagious viral infection that:
- A) Most of your children will eventually contract
 - B) Is not contagious before the rash appears
 - C) Children should be vaccinated against contracting
 - D) Should keep children at home until all pox sores have scabs

2.2 True/False Questions

- 1) To make nutrition meaningful, children need to memorize the basic food groups. (T/F)
- 2) Children should not be sedentary for more than 30 minutes at a time. (T/F)
- 3) Potassium is the nutrient that metabolizes protein and carbohydrates and maintains the heartbeat. (T/F)
- 4) If you have an all-day program, provide a formal nap period in the morning. (T/F)
- 5) Low-fat diets are not suitable for most young children. (T/F)

2.3 Short Answer Questions

- 1) The second most common illness among preschool children is _____.
- 2) The Empanadas that Abuela Made is a bilingual story about _____.
- 3) Screen time for preschool children using computers should be fewer than _____ minutes per day for half day programs.
- 4) A picture book to help picky eaters eat their food is _____.
- 5) Children's hands should be washed before _____ and after _____.

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MULTIPLE CHOICE

- 1. c
- 2. a
- 3. d

4. d
5. c
6. a
7. a
8. a
9. b
10. d
11. b
12. a
13. d
14. c
15. c

TRUE/FALSE

1. F
2. F
3. T
4. F
5. T

SHORT ANSWER

1. ear infections
2. making pumpkin tarts
3. 30
4. *I Will Never Not Ever Eat a Tomato* or
How Do Dinosaurs Eat their Food?
5. eating
using bathroom