

***Nutrition, Health, and Safety for Young Children, 3e***  
**Chapter 2 The Foundations of Optimal Nutrition**

2.1 Multiple-Choice Questions

1) During the early years, children's experience with food includes all of the following EXCEPT:

- A) Exploring flavors and textures.
- B) Establishing preferences for foods.
- C) Preferring unfamiliar foods and variety.
- D) Developing confidence that foods will be available.

2) Aspects of the changing food environment that challenge children's diets include all of the following EXCEPT:

- A) Disappearing family meals.
- B) Eating away from home.
- C) Using convenience foods.
- D) Heavier meals cooked from scratch.

3) Sustainable food practices include all of the following EXCEPT:

- A) Choosing pesticide or hormone free food that is processed minimally.
- B) Selecting foods that are grown and produced locally which reduces pollution.
- C) Importing out-of-season food from other countries.
- D) Buying fair trade products.

4) The Healthy, Hunger-Free Kids Act of 2010 provided for all of the following, EXCEPT:

- A) Additional funding to improve access to healthy foods in schools.
- B) Decreasing authority of the USDA, placing food service decisions in the hands of the local school board.
- C) Updated and improved nutrition standards.
- D) Advances the use of local foods by helping communities to develop farm to school connections and establish school gardens.

5) Conditions that may occur due to undernutrition include all EXCEPT:

- A) Obesity.
- B) Failure to thrive.
- C) Iron-Deficiency Anemia.
- D) Rickets.

6) A child who has iron deficiency anemia due to insufficient iron intake and obesity due to too many calories in the diet is facing risks for:

- A) Anorexia nervosa and bulimia.
- B) Undernutrition and overnutrition.
- C) Hypoglycemia and hyperglycemia.
- D) Protein deficiency and carbohydrate infusion.

7) Failure to thrive can be related to all of the following EXCEPT:

- A) Emotional problems.
- B) Lack of knowledge about healthy eating.
- C) Poor feeding habits.
- D) Standards of the WIC program.

8) Based on research that looked at the role of vitamin D in health, which of the following statement is true regarding new dietary recommendations for vitamin D?

- A) Recommendations have doubled for infants, children, and adolescents.
- B) Recommendations have doubled for infants only.
- C) Nothing has changed with the recommendations.
- D) Recommendations for adolescents have decreased.

9) Sleep apnea is related to which of the following?

- A) Iron deficiency.
- B) Obesity.
- C) Rickets.
- D) Undernutrition.

10) All of the following are related to obesity EXCEPT:

- A) Food insecurity.
- B) Lack of sufficient physical activity.
- C) Affordable foods that provide too much fat.
- D) Insufficient calorie intake

11) Which of the following is the supplemental food program formally known as the Food Stamp Program?

- A) SNAP.
- B) WIC.
- C) USDA.
- D) Healthy, Hunger-Free Kids Act.

12) Undernutrition can occur in families who experience all EXCEPT:

- A) Emotional problems.
- B) Homelessness.
- C) High BMI.
- D) Unemployment.

13) Each of the following is an essential nutrient EXCEPT:

- A) Vitamin D.
- B) Cholesterol.
- C) Iron.
- D) Vitamin C.

14) Each of the following are macronutrients EXCEPT:

- A) Proteins.
- B) Fats.
- C) Water.
- D) Carbohydrates.

15) Healthy children need whole milk until age:

- A) Six.
- B) Two.
- C) Eighteen.
- D) One.

16) Which of the following is the best example of a food choice that contains a mixture of macronutrients?

- A) Tuna salad sandwiches
- B) Fruit salad
- C) Avocado mixed with mayonnaise
- D) Fat-free cheese

17) Proteins do all of the following EXCEPT:

- A) Regulate body processes.
- B) Combine to make fiber.
- C) Serve as building blocks for body structures such as muscles, organs, and blood.
- D) Serve as a fuel.

18) A teacher might be interested in gluten-free products if he/she is shopping for a child who:

- A) Has anemia.
- B) Has celiac disease.
- C) Is a vegetarian.
- D) Is lactose intolerant.

19) The Dietary Guidelines emphasizes all of the following for children EXCEPT:

- A) Including vitamin supplements to ensure nutritional needs are met.
- B) Making smart food choices from all food groups.
- C) Choosing foods that are nutrient-dense.
- D) Choosing foods that are not calorie dense.

20) Teachers should use caution when applying the daily values found on labels to young children because they are:

- A) Used on the label to indicate what percent of the daily value is met when a portion of a food is consumed.
- B) Not gender specific.
- C) Based on a "one size fits all" idea.
- D) Averaged to meet the individual needs of "normal" children.

21) All of the following can be said about the Choose MyPlate Food Guidance System, EXCEPT:

- A) It replaces the MyPyramid Food Guidance System.
- B) It shows what to eat but does not make specific recommendations about proportions.
- C) Its recommendations are more easily understood.
- D) The goal is to provide practical guidelines for building a healthy diet.

22) All of the following practices should be avoided so children have adequate energy expenditure EXCEPT:

- A) Providing insufficient time for quality and quantity of physical activity.
- B) Devoting too much time to academics.
- C) Withholding recess for misbehavior.
- D) Increasing the amount of time during the day devoted to outside play.

## 2.2 True/False Questions

- 1) Phytochemicals and antioxidants are natural compounds found in plants that may protect against disease.
- 2) Describing menus and addressing the nutritional concerns of children in their programs does not help create a bond of trust with families about the care of their children.
- 3) Food insecurity refers to children who are insecure about trying new foods.
- 4) There is an increased likelihood of families eating more fast food if they live closer to fast food restaurants.
- 5) Due to an increased awareness about an obesity epidemic, families' reliance on fast food has declined in places such as McDonald's.
- 6) Food affordability has become a problem for some middle class as well as low-income families.
- 7) It is estimated that 75% of U.S. children live in food secure households.
- 8) Malnutrition occurs when children's diets do not contain the right combination of nutrient-rich foods.
- 9) Children ages 1 to 3 are at higher risk for iron deficiency if they are from low-income families.
- 10) Label reading is an important skill for only the school dietary personnel to have.
- 11) The FDA and USDA have established different labeling regulations for foods that are targeted toward children under the age of 2.
- 12) The primary goal of the dietary guidelines is to promote and protect the health of the current and future generations of U.S citizens.

13) Examples of programs that address undernutrition in the U.S. include the National School Lunch Program and the Child and Adult Care Food Program.

14) The MyPlate system is individualized for different age categories of children.

15) Although the U.S. population is becoming increasingly multicultural, little guidance exists to help teachers respond to the cultural influences on children's diets.

16) The Dietary Guidelines and the Dietary Reference Intakes are the primary contributors to the policies that guide federally supported child nutrition programs

17) The Canadian government publishes Canada's Food Guide, which is available in 18 different languages including 7 Native American languages.

18) Using hands-on activities is an appropriate teaching practice for presenting nutrition concepts to all children, with special consideration given to those who are English language learners.

### 2.3 Essay Questions

1) Discuss the concept of malnutrition. Include an explanation about overnutrition and undernutrition in childhood. Give an example of each form of malnutrition and explain how teachers in a preschool setting can help to make a positive impact on preschoolers and their families in each example.

2) The obesity epidemic in the U.S. is complex. Discuss how three of the following four areas of obesity impact young children: the health consequences of obesity, the psychosocial impact of obesity, the role of inadequate physical activity, food insecurity and obesity. Pick one of the aspects listed above and explain what you would do about it if you were a second grade teacher participating in a Wellness Committee.

3) Explain what the macronutrients are. List two important points for each macronutrient to consider when planning healthful meals? Plan a nutritious lunch and discuss the macronutrients included in this meal.

4) What are some aspects of the changing food environment that challenge children's diets today? How can early childhood professionals work with families to ensure that children have the opportunity to overcome these challenges?

5) Select two of the following food guidance systems and explain how they are used in the US to promote healthy diets: the Dietary Reference Intakes, the Dietary Guidelines for Americans, the MyPlate, and the Percent Daily Values. Describe the differences and similarities between these systems.

1. C
2. D
3. C
4. B
5. A
6. B
7. D
8. A
9. B
10. D
11. A
12. C
13. B
14. C
15. B
16. A
17. B
18. B
19. A
20. C
21. B
22. D

True-False

1. T
2. F
3. F
4. T
5. F
6. T
7. F
8. T
9. T
10. F
11. T
12. T
13. T
14. T
15. F
16. T
17. T
18. T