

Chapter 2: The Foundations of Optimal Nutrition

2.1 Multiple-Choice Questions

- 1) During the early years, children's experience with food includes:
 - A) Exploring flavors and textures and establishing preferences for foods.
 - B) Learning how to use cooking utensils.
 - C) Preferring unfamiliar foods and variety.
 - D) Understanding how the food was prepared.
- 2) Which of the following is a challenge to children's nutritional diets?
 - A) The taste of fruits and vegetables have changed over the years.
 - B) Fewer children appreciate the way foods are prepared.
 - C) Using convenience foods.
 - D) Heavier meals cooked from scratch.
- 3) Which of the following is an example of a sustainable food practice?
 - A) Choosing food that is processed minimally.
 - B) Selecting foods that are grown and produced locally.
 - C) Importing out-of-season food from other countries.
 - D) Eating foods that taste good and avoiding foods that do not taste good.
- 4) The Healthy, Hunger-Free Kids Act of 2015 provided what?
 - A) Removed all vending machines from schools.
 - B) Decreasing authority of the USDA, placing food service decisions in the hands of the local school board.
 - C) Created the opportunity for children to create the school breakfast and lunch menus.
 - D) The use of local foods by helping communities to develop farm to school connections and establish school gardens.
- 5) What is a conditions that may occur due to undernutrition?
 - A) Obesity
 - B) Failure to thrive
 - C) Loss of taste buds
 - D) Rickets
- 6) Children who have iron deficiency anemia due to insufficient iron intake *and* obesity due to too many calories in the diet are 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 which of the following?
- A) Eating a lot of fast food for convenience
 - B) Lack of knowledge about appropriate feeding
 - C) The school lunch not tasting good and children not eating lunch
 - D) Standards of the WIC program
- 8) Which of the following statements are true about Vitamin D?
- A) Vitamin D may play a role in the prevention of cancer and heart disease.
 - B) The only need for Vitamin D is bone health.
 - C) Exclusively breastfed babies have a high amount of Vitamin D.
 - D) Children who immigrated from Asia, Africa, and the Middle East typically do not have a Vitamin D deficiency.
- 9) Sleep apnea is related to which of the following?
- A) Iron deficiency
 - B) Obesity
 - C) Rickets
 - D) Undernutrition
- 10) Which of the following is related to obesity?
- A) Foods that provide too much protein.
 - B) Insufficient fruit and vegetable intake.
 - 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 which of the following?
- A) Too much physical activity
 - B) Homelessness
 - C) High BMI
 - D) High risk for heart disease
- 13) Which of the following is essential for healthy nutrition?
- A) High amount of calories
 - B) Cholesterol.
 - C) Iron.
 - D) Rickets

- 14) Which of the following are macronutrients?
- A) Proteins, fats, carbohydrates
 - B) Whole grains, dairy, beans
 - C) Water.
 - D) Sugar, sodium, cholesterol
- 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) What does protein provide the body?
- A) Regulate vitamins and minerals as they are processed in the body.
 - B) Combine to make fiber.
 - C) Serve as building blocks for body structures such as muscles, organs, and blood.
 - D) Serve as a digestive tool
- 18) Components of a nutrient dense diet are:
- A) vegetables, poultry, fish, beans
 - B) fruit, whole grains, vegetables, lentils, soy
 - C) vegetables, dairy, barley, corn, nuts
 - D) fruits, vegetables, lean meats, low fat dairy, whole grains
- 19) The Dietary Guidelines emphasizes:
- A) Including vitamin supplements to ensure nutritional needs are met.
 - B) Making smart food choices from at least two of the food groups.
 - C) Choosing foods that are nutrient-dense.
 - D) Choosing foods that are calorie dense.
- 20) Teachers should use caution when applying the daily values found on labels to young children because they are:
- A) Assuming that all other food groups will be consumed during the same meal.
 - B) Age specific
 - C) Based on a "one size fits all" idea.
 - D) Averaged to meet the individual needs of "typical" children

- 21) The MyPlateFood Guidance System
- A) Bases their diet recommendations on nutrient goals established by the DVs.
 - B) Shows what to eat but does not make specific recommendations about proportions.
 - C) Recommendations are more difficult to understand than the MyPyramid Food.
 - D) Bases their diet recommendations on nutrient goals established by the DRIs.
- 22) The amount of energy or calories used by the body during rest and physical activity is called:
- A) Dietary Reference Intakes (DRIs)
 - B) Energy expenditure
 - C) Body Mass Index (BMI)
 - D) Failure to thrive

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.

Chapter 2 – Multiple Choice

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

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