

## Chapter 02: Daily Health Observations

### True / False

1. Daily health checks can be used to teach children about a variety of health topics.
  - a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Health Education

*LEARNING OBJECTIVES:* hsn.mar.09.02.05 - Describe ways that teachers can incorporate health education into daily health checks.

*NATIONAL STANDARDS:* United States - NAEYC.04b - Knowing and understanding effective strategies and tools for early education including appropriate use of technology.  
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*KEYWORDS:* Bloom's: Remembering

2. Teachers should not have to concern themselves with children's health problems.
  - a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Observation As A Screening Tool

*LEARNING OBJECTIVES:* hsn.mar.09.02.05 - Describe ways that teachers can incorporate health education into daily health checks.

*NATIONAL STANDARDS:* United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.  
United States - NHEA.03 - Students will demonstrate the ability to access valid information, products, and services to enhance health.

*KEYWORDS:* Bloom's: Remembering

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3. Teachers are qualified to diagnose children's health conditions.
- True
  - False

*ANSWER:* False

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar0.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.  
United States - NHEA.03 - Students will demonstrate the ability to access valid information, products, and services to enhance health.

*KEYWORDS:* Bloom's:Remembering

4. Conclusions about a child's health should only be reached after information has been gathered from multiple sources.
- True
  - False

*ANSWER:* True

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Promoting Children's Health

*LEARNING OBJECTIVES:* hsn.mar0.09.02.01 - Discuss several ways that teachers and programs can promote children's health.

*NATIONAL STANDARDS:* United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.  
United States - NHEA.03 - Students will demonstrate the ability to access valid information, products, and services to enhance health.

*KEYWORDS:* Bloom's:Remembering

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5. Special instruments and techniques are used to conduct daily health checks.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar0.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.  
United States - NHEA.03 - Students will demonstrate the ability to access valid information, products, and services to enhance health.

*KEYWORDS:* Bloom's: Remembering

6. Cavities and other dental deformities can sometimes be detected during health checks.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar0.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.  
United States - NHEA.03 - Students will demonstrate the ability to access valid information, products, and services to enhance health.

*KEYWORDS:* Bloom's: Remembering

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7. Chronic health problems do not affect learning because children have time to adjust.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Promoting Children's Health

*LEARNING OBJECTIVES:* hsn.mar0.09.02.01 - Discuss several ways that teachers and programs can promote children's health.

*NATIONAL STANDARDS:* United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.  
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*KEYWORDS:* Bloom's: Remembering

8. A teacher's ability to conduct daily health checks and to identify problems improves with experience.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar0.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.  
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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9. Daily health checks can be a valuable method for involving families in children's preventive health care.
- True
  - False

**ANSWER:** True

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Family Involvement

**LEARNING OBJECTIVES:** hsn.mar.09.02.04 - Discuss how teachers can involve children's families in the health appraisal process.

**NATIONAL STANDARDS:** United States - NAEYC.03d - Knowing about assessment partnerships, with families and professional colleagues to build effective learning environments.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Remembering

10. A family member should be encouraged to remain with their child until the health check has been completed.
- True
  - False

**ANSWER:** True

**POINTS:** 1

**DIFFICULTY:** Easy

**REFERENCES:** Daily Health Checks

**LEARNING OBJECTIVES:** hsn.mar.09.02.04 - Discuss how teachers can involve children's families in the health appraisal process.

**NATIONAL STANDARDS:** United States - NAEYC.02c - Involving families and communities in young children's development and learning.  
United States - NHES.06 - Students will demonstrate the ability to use goal-setting skills to enhance health.

**KEYWORDS:** Bloom's: Remembering

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### Multiple Choice

11. Information about children's health:

- a. is confidential and should not be made available to families
- b. is protected by the Buckley Amendment and cannot be released without parental/guardian permission
- c. belongs to the program or school and cannot be shared with anyone
- d. is in the public domain and, therefore, accessible to any personnel who work with the child

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.01c - Using developmental knowledge to create healthy, respectful, supportive, and challenging learning environments for young children.  
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*KEYWORDS:* Bloom's: Applying

12. Which of the following behaviors might suggest a possible mental health problem?

- a. excessive fear
- b. prolonged sadness
- c. repeated complaints of unexplained illness
- d. all answers are correct

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Difficult

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.01b - Knowing and understanding the multiple influences on early 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

## Chapter 02: Daily Health Observations

13. Teacher observations should be made:
- first thing in the morning
  - continuously all day, day-to-day, and week-to-week
  - late in the afternoon when children are tired/stressed
  - to accustom children to medical testing procedures

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

14. Teachers are in a prime position to observe children because:
- they see children in relation to other children of the same age
  - they spend fewer hours with a child and can, therefore, be more objective than the child's family
  - they are not responsible for obtaining medical treatment for children's health conditions
  - they are more knowledgeable about children's health

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

## Chapter 02: Daily Health Observations

15. The primary reason teachers should be concerned about each child's health status is because:
- a direct relationship exists between good health and effective learning
  - families often fail to understand the seriousness of childhood illnesses
  - young children experience frequent sickness
  - teachers are usually more aware of appropriate community health services

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Family Involvement

*LEARNING OBJECTIVES:* hsn.mar09.02.02 - Explain why it is important to conduct daily health observations.

*NATIONAL STANDARDS:* United States - NAEYC.04a - Understanding positive relationships and supportive interactions as the foundation of their work with children.

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

16. Daily health observations:
- are a costly investment in terms of teachers' time and effort
  - yield only limited information about a child's health
  - require teachers to have extensive training
  - provide valuable information about a child's well-being

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Observation As A Screening Tool

*LEARNING OBJECTIVES:* hsn.mar09.02.02 - Explain why it is important to conduct daily health observations.

*NATIONAL STANDARDS:* United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Understanding

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17. While checking Carlos, you observe that his throat is quite red and his skin feels warm. You should:
- call Carlos's mother and advise her to contact their doctor
  - inform his mother that Carlos probably has strep throat
  - wait until tomorrow to see if he becomes sicker
  - contact Carlos's pediatrician for treatment

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Difficult

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03d - Knowing about assessment partnerships, with families and professional colleagues to build effective learning environments.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Understanding

18. Information gathered during health observations should be recorded carefully and precisely for all of the following reasons EXCEPT:
- determining patterns of infectious illnesses
  - providing additional information that health professionals can use for diagnostic purposes
  - identifying changes in a child's appearance and/or behavior that may require further evaluation
  - sharing the information with all school personnel

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Difficult

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03d - Knowing about assessment partnerships, with families and professional colleagues to build effective learning environments.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

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### 19. Early detection of health impairments:

- a. avoids untimely delays in arranging intervention services
- b. adds unnecessary expense to a family's budget
- c. has only a limited effect on children's ability to learn
- d. is not important until children reach their school-age years

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.02 - Explain why it is important to conduct daily health observations.

*NATIONAL STANDARDS:* United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

### 20. Daily health checks provide useful information about children's:

- a. intelligence
- b. general health status
- c. adult height potential
- d. developmental age

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.02 - Explain why it is important to conduct daily health observations.

*NATIONAL STANDARDS:* United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.

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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21. Mongolian patches appear as:

- a. bluish areas, similar to bruises
- b. dry, scaly skin on elbows and knees
- c. open, draining sores
- d. red, raised bumps

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Remembering

22. Because a child's state of health can change in a short period of time, observations should be:

- a. conducted first thing each morning
- b. performed at the first sign of illness
- c. made continuously throughout the day
- d. administered only when a family member is present

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Observation As A Screening Tool

*LEARNING OBJECTIVES:* hsn.mar09.02.02 - Explain why it is important to conduct daily health observations.

*NATIONAL STANDARDS:* United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

## Chapter 02: Daily Health Observations

23. Rashes associated with communicable illnesses are more likely to be observed:
- on the face
  - on the tops of hands and feet
  - under the neck and arms
  - over warmer areas of the body, such as back and chest

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

24. Conducting daily health assessments is important because:
- there is a direct relationship between health and ability to learn
  - teachers become more aware of children's individual differences with practice
  - families expect teachers to be responsible for children's health
  - children look forward to the teacher's personal attention

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.02 - Explain why it is important to conduct daily health observations.

*NATIONAL STANDARDS:* United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

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25. The results of daily health assessments should be:
- summarized at the end of each week
  - recorded as anecdotal notes following each assessment or observation
  - noted by placing a check mark next to the child's name
  - disregarded unless there has been a significant change in a child's behavior or well-being

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Difficult

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Applying

### Completion

26. Rashes most commonly appear on a child's upper \_\_\_\_\_ and \_\_\_\_\_ areas.

*ANSWER:* chest, back

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.01c - Using developmental knowledge to create healthy, respectful, supportive, and challenging learning environments for young children.  
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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27. \_\_\_\_\_ provide valuable opportunities for helping children to become more aware of, and involved in, their own personal wellness.

**ANSWER:** daily health checks

**POINTS:** 1

**DIFFICULTY:** Easy

**REFERENCES:** Daily Health Checks

**LEARNING OBJECTIVES:** hsn.maro.09.02.04 - Discuss how teachers can involve children's families in the health appraisal process.

**NATIONAL STANDARDS:** United States - NAEYC.03d - Knowing about assessment partnerships, with families and professional colleagues to build effective learning environments.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Applying

28. \_\_\_\_\_ provide valuable opportunities for helping children to become more aware of, and involved in, their own personal wellness.

**ANSWER:** Daily health checks

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Daily Health Checks

**LEARNING OBJECTIVES:** hsn.maro.09.02.05 - Describe ways that teachers can incorporate health education into daily health checks.

**NATIONAL STANDARDS:** United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Remembering

29. \_\_\_\_\_ are often the first to sense that something may be wrong with their child.

**ANSWER:** Families

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Family Involvement

**LEARNING OBJECTIVES:** hsn.maro.09.02.04 - Discuss how teachers can involve children's families in the health appraisal process.

**NATIONAL STANDARDS:** United States - NAEYC.03d - Knowing about assessment partnerships, with families and professional colleagues to build effective learning environments.  
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

## Chapter 02: Daily Health Observations

30. \_\_\_\_\_ can be used to gather important information about a child's nutritional status.

**ANSWER:** Dietary assessment

**POINTS:** 1

**DIFFICULTY:** Difficult

**REFERENCES:** Promoting Children's Health

**LEARNING OBJECTIVES:** hsn.mar.09.02.01 - Discuss several ways that teachers and programs can promote children's health.

**NATIONAL STANDARDS:** United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Remembering

31. \_\_\_\_\_ results may be obtained when information about a child's health is based on a single observation or assessment outcome.

**ANSWER:** False

**POINTS:** 1

**DIFFICULTY:** Difficult

**REFERENCES:** Promoting Children's Health

**LEARNING OBJECTIVES:** hsn.mar.09.02.02 - Explain why it is important to conduct daily health observations.

**NATIONAL STANDARDS:** United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Remembering

32. Caution must be exercised when assessing children's growth and development because there is a wide range of \_\_\_\_\_ behavior.

**ANSWER:** normal, typical

**POINTS:** 1

**DIFFICULTY:** Easy

**REFERENCES:** Observation As A Screening Tool

**LEARNING OBJECTIVES:** hsn.mar.09.02.02 - Explain why it is important to conduct daily health observations.

**NATIONAL STANDARDS:** United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Applying

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33. Health checks should be conducted using a \_\_\_\_\_ approach.

*ANSWER:* systematic

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.maro.09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:* United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Remembering

34. Primary responsibility for obtaining health care for children always belongs to \_\_\_\_\_.

*ANSWER:* families

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Family Involvement

*LEARNING OBJECTIVES:* hsn.maro.09.02.04 - Discuss how teachers can involve children's families in the health appraisal process.

*NATIONAL STANDARDS:* United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.

United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*KEYWORDS:* Bloom's: Remembering

35. The term \_\_\_\_\_ refers to an illness or health condition that is frequent, lengthy, or permanent in nature.

*ANSWER:* chronic

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Promoting Children's Health

*LEARNING OBJECTIVES:* hsn.maro.09.02.01 - Discuss several ways that teachers and programs can promote children's health.

*NATIONAL STANDARDS:* United States - NAEYC.02c - 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: Remembering

## Chapter 02: Daily Health Observations

### Subjective Short Answer

36. Why is it important to encourage family members to remain with their child during daily health checks?

*ANSWER:* Parents are able to witness the health check procedure and to ask questions. Additionally, they are often able to provide information about conditions that teachers may observe. Their presence may also be comforting to children.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Daily Health Checks

*LEARNING OBJECTIVES:* hsn.mar.09.02.04 - Discuss how teachers can involve children's families in the health appraisal process.

*NATIONAL STANDARDS:* United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:* Bloom's: Analyzing

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37. Describe four body areas that should be examined during daily health checks and what observations can be made.

*ANSWER:*

Health Observation Checklist (See Teacher Checklist 2-1, 2-2)

1. General appearance—note changes in weight (gain or loss), signs of fatigue or unusual excitability, skin tone (pallor or flushed), and size for age group.
2. Scalp—observe for signs of itching, head lice, sores, hair loss, and cleanliness.
3. Face—notice general expression (e.g., fear, anger, happy, anxious), skin tone, and any scratches, bruises, or rashes.  
Eyes—look for redness, tearing, puffiness, sensitivity to light, frequent rubbing, styles, sores, drainage, redness, and appropriate responses to sounds or verbal requests.
4. Ears—check for drainage, redness, and appropriate responses to sounds or verbal requests.
5. Nose—note any deformity, frequent rubbing, congestion, sneezing, or drainage.
6. Mouth—look inside at the teeth: note cavities, malformations, sores, or mouth-breathing.
7. Throat—observe for enlarged or red tonsils, red throat, white patches on throat or tonsils, drainage, or unusual breath odors.
8. Neck—feel for enlarged glands.
9. Chest—watch the child’s breathing and note any wheezing, rattles, shortness of breath, coughing (with or without other symptoms).  
Skin—lift up clothing and observe the chest and back for color (pallor or redness), rashes, scratches, bumps, bruises, scars, unusual warmth, and perspiration.
10. Speech—listen for clarity, stuttering, nasality, mispronunciations, monotone voice, and appropriateness for age.
11. Extremities—observe posture, coordination; note conditions such as bowed legs, toeing-in, or arms and legs of unequal length.
12. Behavior and temperament—note any changes in activity level, alertness, cooperation, appetite, sleep patterns, toileting habits, irritability, or uncharacteristic restlessness.

*POINTS:*

1

*DIFFICULTY:*

Difficult

*REFERENCES:*

Daily Health Checks

*LEARNING OBJECTIVES:*

hsn.mar09.02.03 - Perform a daily health check.

*NATIONAL STANDARDS:*

United States - NAEYC.03c - Understanding and practicing responsible assessment to promote positive outcomes for each child.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

*KEYWORDS:*

Bloom's: Applying

## Chapter 02: Daily Health Observations

38. Why must teachers not attempt to diagnose children's health conditions?

**ANSWER:** Teachers are not trained to identify symptoms associated with various health conditions. This is the role of health care professionals.

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Daily Health Checks

**LEARNING OBJECTIVES:** hsn.maro.09.02.03 - Perform a daily health check.

**NATIONAL STANDARDS:** United States - NAEYC.03a - Understanding the goals and benefits, and uses of assessment-including its use in the development of appropriate goals, curriculum, and teaching strategies for young children.  
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Analyzing

39. What are developmental norms?

**ANSWER:** Developmental norms represent an average or range, expressed as weeks, months, years, when children are able to perform certain skills and behaviors.

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Observation As A Screening Tool

**LEARNING OBJECTIVES:** hsn.maro.09.02.02 - Explain why it is important to conduct daily health observations.

**NATIONAL STANDARDS:** United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.  
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**KEYWORDS:** Bloom's: Remembering

40. What are Mongolian spots?

**ANSWER:** Mongolian spots are collections of melanin or pigment that appear as bluish skin discolorations. These spots are frequently located on the lower back of children who are of Asian, Native American, and/or Middle Eastern ethnicity.

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Daily Health Checks

**LEARNING OBJECTIVES:** hsn.maro.09.02.03 - Perform a daily health check.

**NATIONAL STANDARDS:** United States - NAEYC.01c - Using developmental knowledge to create healthy, respectful, supportive, and challenging learning environments for young children.  
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**KEYWORDS:** Bloom's: Applying

## Chapter 02: Daily Health Observations

### Essay

41. Develop a rationale to persuade a local school advisory board that the teaching staff should begin conducting daily health checks on the children.

**ANSWER:** The student's answer should address the benefits associated with the conduct of daily health checks, including an opportunity to gather information about children's well-being and readiness to learn; the early identification of health impairments and the implementation of intervention services; the ethical and professional responsibilities teachers have to protect all children from infectious illnesses by identifying those who may have a contagious condition; an opportunity to provide children with informal health education; the identification of children who may be maltreated or neglected; and, the promotion of children's self-awareness.

**POINTS:** 1

**DIFFICULTY:** Moderate

**REFERENCES:** Daily Health Checks

**LEARNING OBJECTIVES:** hsn.mar0.09.02.02 - Explain why it is important to conduct daily health observations.

**NATIONAL STANDARDS:** United States - NAEYC.03b - Knowing about and using observation, documentation, and other appropriate assessment tool and approaches, including the use of technology in documentation, assessment, and data collection.

United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

**KEYWORDS:** Bloom's: Analyzing