

CHAPTER 2 TEST BANK

Multiple Choice

1. Physical fitness guidelines recommend that preschool children should:
 - a) Not accumulate more than 30 minutes of structured physical activity daily
 - b) Exercise in short bouts with time-out outs for rest
 - c) Be sure to rest at least 60 minutes daily
 - d) Save strenuous running for outside

2. If the program has no indoor gymnasium, you should:
 - a) Have children do their exercising on the outside playground
 - b) Have children do body action chanting in the classroom
 - c) Have children march around the building
 - d) Put up a loft in the classroom

3. Physically challenged children who cannot stand 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) *Bounce*
 - d) *Open Wide!*

5. Resting for children in a preschool program should include:
 - a) A group rest time only when necessary
 - b) A 15-minute rest period every morning
 - c) A time everyone needs to go to sleep on their cots
 - 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) Serving cookies only for snacks or parties
- b) Serving a new food every day
- c) Having a variety of foods
- d) Not reading books like *I Will Never Not Ever Eat a Tomato*

9. It is the teacher's responsibility to:

- a) Disinfect toys and surfaces the children have touched
- b) Clean toilets and scrub floors
- c) Keep children inside if they are not dressed warmly for cold weather
- 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. 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) Do not use immediate rewards

12. A child can stay in school who has:

- a) A runny nose and cough
- b) A fever and vomiting
- c) A headache and rash
- d) A fever and earache

13. 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

14. Chicken pox is a highly contagious viral infection that:

- a) Most of your children will eventually contract
- b) Children should be vaccinated against contracting
- c) Is not contagious before the rash appears
- d) Should keep children at home until all pox sores have scabs

15. A good book to read to children during the cold and flu season is:

- a) *The Lion Who Had Asthma*
- b) *Dumpling Soup*
- c) *Froggy Goes to the Doctor*
- d) *Tissue, Please*

True / False

1. Fat is an essential part of the diet and provides a concentrated form of energy for young children's growth and development. (T/F)
2. Children need to eat larger meals than adults with seconds available and nutritious snacks in between in order to grow healthy and strong. (T/F)
3. Potassium is the nutrient that metabolizes protein and carbohydrates, and maintains the heartbeat. It is found in bananas, tomatoes, meats and cereals. (T/F)
4. Children can be protected from UV radiation if sunscreen lotion is applied to their skin after they come in from the playground. (T/F)
5. Ear infections are the second most common illness among young children and may cause mild to moderate hearing loss for weeks and sometimes months. (T/F)

CHAPTER 2

MULTIPLE CHOICE

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

TRUE/FALSE

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