

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

True / False

1. Health is primarily a state of physical well-being.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.1b - 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: Remembering

2. An increasing number of children in the U.S. are experiencing food insecurity.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC. 02a - Knowing about and understanding diverse family and community characteristics.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Remembering

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

3. Current definitions of health recognize that individuals must take a proactive role in reducing their risk of chronic disease.
- a. True
 - b. False

ANSWER: True

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Concept

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

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

KEYWORDS: Bloom's: Remembering

4. A teacher's knowledge of developmental norms plays an important role in the prevention of children's unintentional injuries.
- a. True
 - b. False

ANSWER: True

DIFFICULTY: Moderate

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

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: Remembering

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

5. Food provides nutrients that influence a child's growth, development, and behavior.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

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

6. During the first six months, an infant can be expected to grow as much as one inch in length per month.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Difficult

REFERENCES: Children's Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

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

7. Two-year-olds can be expected to play cooperatively with one another.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Moderate

REFERENCES: Children's Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

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.

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8. Norms are skills that children should be able to demonstrate by a specific age.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Moderate

REFERENCES: Children's Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01b - Knowing and understanding the multiple influences on early development and learning.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

9. Oral hygiene practices should be implemented once a child's permanent teeth have erupted.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Easy

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

10. Children's social-emotional competence can have a direct effect on their state of physical well-being.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

11. Children as young as 36 months are able to feed themselves without adult assistance.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Moderate

REFERENCES: Children's Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

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

United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

12. A child who suffers from depression may be indecisive, exhibit uncontrollable anger and/or have difficulty sleeping.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Difficult

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

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

United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

Multiple Choice

13. The current definition of health emphasizes the:
- a. medical treatment and cure of disease
 - b. limits set by a person's genetic makeup
 - c. interrelatedness of physical, mental, economic, cultural, and social well-being
 - d. toxic effects of environmental substances

ANSWER: c

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.04c - Using broad repertoire of developmentally appropriate teaching/ learning approaches.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

KEYWORDS: Bloom's: Understanding

14. Children who are born into poverty are more likely to:
- a. have a shorter life expectancy
 - b. experience birth defects and serious medical conditions
 - c. experience a higher rate of learning and behavior problems
 - d. all answers are correct

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.02a - Knowing about and understanding diverse family and community characteristics.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

15. The most important reason for including health education in children's early education curriculum is to:
- reduce the incidence of communicable disease in school settings
 - implement the results of the latest child research
 - engage families and hold them responsible for children's well-being
 - help children develop sound health habits and concepts at an early age

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Concept

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

NATIONAL STANDARDS: United States - NAEYC.05c - Using own knowledge, appropriate early learning standards, and other resources to design, implement, and evaluate developmentally meaningful, and challenging curriculum for each child.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

16. Measures taken to protect young children's safety require an understanding of their:
- likes and dislikes
 - developmental stage and abilities
 - gender
 - family background

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

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.

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

17. A child's nutritional status affects:

- a. behavior
- b. energy and activity levels
- c. resistance to infection
- d. all answers are correct

ANSWER: d

DIFFICULTY: Difficult

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

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

United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Remembering

18. The term heredity refers to:

- a. transmission of genetic characteristics
- b. inborn temperament and developmental abilities
- c. psychological influences on health
- d. social factors, such as poverty, child abuse, and air pollution that affect health status

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

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

United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Remembering

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

19. Teachers influence children's mental health in all of the following ways EXCEPT:
- accepting each child as an individual
 - showing consistency in the setting and enforcement of classroom standards
 - giving in to children's requests, demands, and desires
 - providing classroom experiences that are relevant to children's interests and ability level

ANSWER: c

DIFFICULTY: Difficult

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

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

United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

20. Neural connections form as the result of:

- heredity
- biological maturation
- daily experiences
- physical activity

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: Child Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

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: Understanding

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

21. Which of the following statements most accurately describes “normal” growth and development of the preschool child?
- a. It occurs at a uniform rate for all children.
 - b. Each individual follows a unique pattern.
 - c. It is a simple and predictable process.
 - d. It has limited effect on behavior.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: Children’s Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

22. The _____ (CHIP) program makes low-cost health insurance available to income-eligible families:
- a. Children’ Health Insurance
 - b. Coordinated Health Investment
 - c. Certified Health Insurers
 - d. Cooperative Health Indemnity

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Preventive Health Concept

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

NATIONAL STANDARDS: United States - NAEYC.02c - Involving families and communities in young children's development and learning.
United States - NHES.03 - Students will demonstrate the ability to access valid information, products, and service to enhance health.

23. Mental illness is a leading health problem that may develop as the result of:
- a. negative self-concept
 - b. living in a dysfunctional family
 - c. heredity
 - d. all answers—and many other factors—are correct

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental 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, tchnology, and other factors on health behavior.

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

24. The leading cause of death among young children is due to:

- a. birth defects
- b. unintentional injuries
- c. communicable illness
- d. hereditary diseases

ANSWER: b

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.02a - Knowing about and understanding diverse family and community characteristics.
United States - NHES.01 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Completion

25. The qualities of health, safety, and nutrition are closely _____.

ANSWER: interrelated

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

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: Remembering

26. The concept of preventive health implies that individuals must take responsibility for their personal _____.

ANSWER: well-being
well being

DIFFICULTY: Easy

REFERENCES: The Preventive Health Concept

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

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

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

27. Hand washing, physical fitness, and the consistent use of seat belts are examples of _____ health care.

ANSWER: preventive

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Concept

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

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: Understanding

28. A person's health is determined by a combination of _____ and environmental factors.

ANSWER: heredity
hereditary
genetic

DIFFICULTY: Easy

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

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: Understanding

29. Vigorous _____ has a positive effect on children's behavior, mental health, and weight management.

ANSWER: physical activity

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01c - Using developmental knowledge to create healthy, respectful, supportive, and challenging learning environments for young children.
United States - NHES.02 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

30. The concept of gender identity begins to emerge around age _____ to _____ years.

ANSWER: seven, eight
7, 8

DIFFICULTY: Moderate

REFERENCES: Children's Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Understanding

31. Repeated failure and frustration can lead to a sense of poor _____.

ANSWER: self-esteem
self esteem

DIFFICULTY: Easy

REFERENCES: Moderate

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01b - Knowing and understanding the multiple influences on early development and learning.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Remembering

32. _____ can lead to changes in a child's emotional and/or physical well-being.

ANSWER: Stress

DIFFICULTY: Easy

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

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: Understanding

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

33. The _____ program promotes children's preventive health through the collaborative efforts of families and school personnel.

ANSWER: Coordinated School Health

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Concept

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

NATIONAL STANDARDS: United States - NAEYC.02c - Involving families and communities in young children's development and learning.

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

KEYWORDS: Bloom's: Applying

34. Learning to control aggressive behaviors is important for children's _____ health.

ANSWER: mental
social-emotional
social emotional

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

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: Understanding

35. Inadequate or unpredictable access to a healthy diet is called _____.

ANSWER: food insecurity

DIFFICULTY: Easy

REFERENCES: The Preventive Health Approach

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.02b - Supporting and engaging families and communities through respectful, reciprocal relationship.

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

KEYWORDS: Bloom's: Understanding

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

Subjective Short Answer

36. Describe how heredity influences health.

ANSWER: It sets biological limits for achieving growth development and health potential.

DIFFICULTY: Moderate

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.02a - Knowing about and understanding diverse family and community characteristics.

United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

37. What purpose(s) does the “Healthy People 2020 initiative serve?

ANSWER: The Healthy People initiative establishes goals and recommendations for promoting health and disease prevention and improving the quality of health in the United States.

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Approach

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

NATIONAL STANDARDS: United States - NAEYC.02c - Involving families and communities in young children's development and learning.

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

KEYWORDS: Bloom's: Applying

38. How does having health insurance contribute to children’s well-being?

ANSWER: It improves children’s access to health care and the opportunity to have medical conditions treated in their early stages. It promotes a better quality of life for the child and improves his or her chances of learning in school.

DIFFICULTY: Moderate

REFERENCES: The Preventive Health Approach

LEARNING OBJECTIVES: HSN.MARO.09.01.01 - Define the preventive health concept and describe several national programs that address children's health needs.

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: Analyzing

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

39. What health risks are associated with premature birth?

ANSWER: Higher incidence of early death, including Sudden Infant Death Syndrome (SIDS), and greater risk of health problems (e.g., vision, hearing, developmental).

DIFFICULTY: Moderate

REFERENCES: Health, Safety & Nutrition: An Interdependent Relationship

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.01c - Using developmental knowledge to create healthy, respectful, supportive, and challenging learning environments for young children.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Analyzing

40. Why is it important to be aware of children's social-emotional well-being?

ANSWER: Social-emotional health affects children's physical well-being and their ability to learn and interact with others. It plays an important role in self-concept formation and success later in life.

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Analyzing

41. What factors make each child an unique individual?

ANSWER: A combination of different biological materials, personal experiences, and environmental conditions interact in numerous ways to continuously shape and reshape a person into a distinct individual.

DIFFICULTY: Moderate

REFERENCES: Children's Growth and Development

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01a - Knowing and understanding young children's characteristics and needs, from birth through age 8.
United States - NHES.04 - Students will demonstrate the ability to use interpesonal communication skills to enhance health and avoid or reduce health risks.

KEYWORDS: Bloom's: Applying

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

42. Why are fears and nightmares more common during the preschool years?

ANSWER: Preschool children often have a heightened awareness and imagination. They also tend to self-explain events that may not be fully understood, such as thunder or lightning.

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.03 - Describe typical growth and developmental characteristics of infants, toddlers, preschool-age, and school-age children.

NATIONAL STANDARDS: United States - NAEYC.01b - Knowing and understanding the multiple influences on early development and learning.
United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

43. Why should vigorous physical activity be a regular part of children's daily routine?

ANSWER: It contributes to improved health, happiness, and learning, and reduces the risk of obesity and behavior problems.

DIFFICULTY: Moderate

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.

NATIONAL STANDARDS: United States - NAEYC.2c - 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, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

44. In what ways can poverty affect children's language development?

ANSWER: Researchers have found that poverty often limits children's exposure to books and newspapers. There also tends to be less verbal interaction between parents and children, and the quality is typically more negative.

DIFFICULTY: Difficult

REFERENCES: Promoting a Healthy Lifestyle

LEARNING OBJECTIVES: HSN.MARO.09.01.02 - Explain how health, safety, and nutrition are interrelated and discuss factors that influence the quality of each.

NATIONAL STANDARDS: United States - NAEYC.2c - 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, tchnology, and other factors on health behavior.

KEYWORDS: Bloom's: Applying

Chapter 01: Children's Well-Being: What It Is and How to Achieve It

45. What positive effects can stress have on children's development?

<i>ANSWER:</i>	Stress is a normal and natural occurrence in children's lives. When stress is experienced in a safe, trusting, and supportive environment, it provides opportunities for children to learn new coping skills, social convention and rules, problem-solving, and how to handle their emotions.
<i>DIFFICULTY:</i>	Moderate
<i>REFERENCES:</i>	Promoting a Healthy Lifestyle
<i>LEARNING OBJECTIVES:</i>	HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
<i>NATIONAL STANDARDS:</i>	United States - NAEYC.01b - Knowing and understanding the multiple influences on early development and learning. United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.
<i>KEYWORDS:</i>	Bloom's: Analyzing

Essay

46. Children are confronted with a multitude of challenges as they grow up. Explain why some children are able to overcome chronic adversity while others fall victims to its effects. What skills appear to make some children more resilient and how can teachers and families foster these qualities?

<i>ANSWER:</i>	A combination of personal characteristics (e.g., above-average cognitive ability, easy-going temperament, positive self-esteem, strong sense of self, effective communication and problem-solving skills), a dependable relationship with an adult, and a strong social network are essential to children's resilience. Researchers have identified a number of skills that seem to improve children's ability to overcome chronic diversity including effective communication, problem-solving and decision-making; accepting responsibility; developing a sense of pride in achievements; learning from mistakes; learning to become independent; empathy; anger management and impulse control; conflict resolution; and, a sense of optimism. Adults can promote children's acquisition of these and other resilient behaviors through a variety of strategies, including those presented in Table 1-7.
<i>DIFFICULTY:</i>	Moderate
<i>REFERENCES:</i>	Promoting a Healthy Lifestyle
<i>LEARNING OBJECTIVES:</i>	HSN.MARO.09.01.04 - Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, oral health, physical activity, and mental health.
<i>NATIONAL STANDARDS:</i>	United States - NAEYC.02a - Knowing about and understanding diverse family and community characteristics. United States - NHES.02 - Students will analyze the influence of family , peers, culture, media, tchnology, and other factors on health behavior.