

Module 7: Healthy Practices: Nutrition and Fitness

☒ Check for Understanding (20 Points)

Name _____ Per _____ Date _____

True or False:

1. The only times staff are required to wash their hands are when they arrive for work and just before they leave.
2. Children are especially vulnerable to foodborne illnesses due to their smaller body size and underdeveloped immune systems.
3. The regulations prohibit serving children food that has been home-canned, frozen or prepared unless it is for the family's own children.
4. Key numbers to remember are: Safe holding temperature: 45°F or cooler and 140°F or hotter, that means the danger zone is between 45°F and 140°F when bacteria will grow very rapidly in food.
5. According to regulations food must be offered about every 2 ½ to 3 hours.
6. Snack and mealtimes are social times, so they are good times for staff members to clean up the activity areas and set up for the next activities.
7. It is considered best practice for all staff preparing, handling, and serving food should maintain a current food handler's card. This includes all teachers and caregivers who serve children food and snacks.
8. Some good tips for maintaining good dental care include:
 - Wean children from bottles by age one
 - Avoid prolonged use of Sippy cup
 - Between meals, water only – fluoridated tap water
 - Limit fruit juice to no more than a half a cup a day
 - Brush teeth after breakfast
9. As long as the center is providing some type of physical activity, it is not important if that activity is interesting and developmentally appropriate as long as some type of activity is available to them.
10. The National Association for Sport and Physical Education recommends that all children (ages 3-5) participate in up to 60 minutes of structured and 60 minutes of unstructured physical activity every day.
11. Physical activity provides many health benefits, including:
 - Improved energy

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- Ability to handle stress better
 - Increased self esteem
 - Stronger heart and lungs
12. As a child care provider, you **do not need** to provide a rest period for all young children (five or younger) if they are in your care for more than six hours. You only need to provide a quiet time for those who are tired.
 13. You can reduce a baby's risk of dying from SIDS by placing babies in your care on their back during naps.
 14. Each child does not need to have his/her own separate bedding and when space is tight, beds may be stored stacked on top of each other.
 15. Children with common colds do not need to stay home.
 16. Encourage parents to allow their child to participate in outdoor activities, even if their child does have a slight cough or runny nose.
 17. You are not required to notify parents in writing when their children have been exposed to infectious diseases or parasites. The notification may be done through a letter to families.
 18. When a child becomes ill while in your care you must:
 - a. Isolate them
 - b. Have them lie down in a quiet space away from the other children
 - c. Keep them within view of staff
 - d. Contact the parents/family member to come pick up their child
 19. If medications are required, the family must provide written instructions to caregivers on the proper administration of the medications or treatment required for the child. Medications **can be** given on an "as needed" basis.
 20. Emergencies / Disasters / Crisis Preparation policies describe:
 - What you will do if families are not able to get to their children for two or three days
 - Who is designated to be responsible for each part of the plan
 - Procedures for accounting for all children and staff during and after the emergency
 - Plans for evacuation and meeting after the emergency
 - Accommodations for children with special needs
 - Plans for contacting parents, transporting and providing for children