

## **Module 7: Healthy Practices: Nutrition and Fitness**

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### **Student Pre-assessment**

Name \_\_\_\_\_ Per \_\_\_\_\_ Date \_\_\_\_\_

1. What is the number one way to prevent the spread of germs?

\_\_\_\_\_

2. True or False? You must wash your hands after changing a child's diaper.

\_\_\_\_\_

3. List three foods you cannot serve to children safely:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4. Explain why it would be important to sit with the children during meal time:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. The group of children that needs the most sleep is:

- a. Infants
- b. Toddlers
- c. Preschoolers
- d. Kindergarteners

6. True or False? Putting a baby to sleep on his stomach is the preferred method for reducing SIDS (Sudden Infant Death Syndrome).

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7. Preschool children need about \_\_\_\_\_ minutes of daily physical activity.
  
  8. True or False? Children with common colds are allowed to stay in child care, but those with fevers may not.
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