Module 1

Lesson One — Early Care and the Obesity Crisis

1) What is the trend in Childhood Obesity?
   - a) Children are less obese today than 10 years ago.
   - b) Childhood obesity tends to spike in the teen years.
   - c) The sole reason childhood obesity is on the rise is because children are eating too much.
   - d) Statistics suggest, due to childhood obesity, our children may not live longer than we do.

2) Which of the following behaviors exhibited during television viewing is NOT discussed as a factor that contributes to childhood obesity?
   - a) Children tend to be sedentary.
   - b) Children often snack while watching TV.
   - c) Children’s television programming encourages physical activity.
   - d) Children are exposed to unhealthy food messages.

3) The following is NOT a risk factor or health consequence associated with childhood obesity:
   - a) Increased playground accidents.
   - b) Increased type 2 diabetes.
   - c) High blood pressure.
   - d) Sleep-related problems.

4) Choose the INCORRECT statement related to Body Mass Index (BMI):
   - a) Height and weight correlate to BMI.
   - b) One-third of all children are now considered to have high BMI.
   - c) Environment and genetics both contribute to BMI.
   - d) At age four, a child’s BMI should be high.
5) Choose the CORRECT statement:
☐ a) Early wellness lessons do not influence life-long decisions.
☐ b) Physical activity in early childhood settings does not impact wellness.
☐ c) The early care and education setting is an ideal environment to foster healthy physical activity and health habits for life.
☐ d) Adult modeling and teaching is insignificant to childhood obesity.

Lesson Two – Get Kids Moving
1) Allowing for infants to move includes the following CORRECT statement:
☐ a) Infants must be taught how to move.
☐ b) Tummy time should always be supervised by a caregiver.
☐ c) Many barriers should be placed in the infant’s space to ensure safety.
☐ d) Infants need to be exposed to specialized toys and equipment to encourage movement.

2) The following is an INCORRECT statement about movement for toddlers:
☐ a) It is beneficial for children to avoid physical activity during normal daily routines.
☐ b) Except for meals or naptime, young children should not remain inactive for more than fifteen minutes at a time.
☐ c) Toddlers should be allowed sixty to ninety minutes of outdoor play.
☐ d) Toddlers crave opportunities to challenge their physical skills.

3) Choose the INCORRECT statement related to movement for preschoolers:
☐ a) It is important to promote a love of physical activity in young children.
☐ b) Vigorous physical activity helps preschoolers improve their coordination and agility.
☐ c) Motor skills and cognitive development skills are linked.
☐ d) Teachers should monitor children’s active play from a distance.

4) Which of the following is NOT a characteristic of unstructured play?
☐ a) Children make their own choices about how they want to move.
☐ b) Play typically has a set of rules determined by an adult.
☐ c) Children should have freedom within a structure.
☐ d) Child-initiated play generally includes less idle time than play structured by adults.

5) Which of the following is an INCORRECT statement about outdoor play?
☐ a) Weather extremes should regularly prevent children from going outdoors for days at a time.
☐ b) There are important developmental advantages to outdoor play.
☐ c) Children play more creatively in green spaces.
☐ d) Children’s clothing should be layered and dry in cold weather.
Lesson Three — Keep Kids Moving

1) To encourage a reluctant child to move and play a teacher could use the following strategies:
   a) Model the activity and invite the child to participate with you.
   b) Modify the activity so that it has multiple levels of intensity.
   c) Reduce the amount of competitive games in structured play time.
   d) All of the above.

2) Which one of the following statements offers an accurate suggestion for changing traditional daily routines to keep kids moving?
   a) Transition times are best used as resting breaks.
   b) The whole environment supports teachers’ ability to make movement a priority in the classroom.
   c) Large motor play is dangerous indoors and should be confined to outdoor settings.
   d) A good movement plan is only supported by a teacher’s good imagination.

3) Which of the following statements is INCORRECT?
   a) When teachers are engaged with children they should be expected to embrace healthy choices and participate in active play.
   b) Teachers who model their enjoyment of fruits and vegetables give children courage to try something new or unfamiliar.
   c) Healthy eating and physical activity habits are learned from parents rather than classroom educators.
   d) Mirror neurons support the human tendency to copy what other people are doing.

4) Which statement does NOT reflect advice to help a child who is overweight?
   a) Reducing the structure of competitive games allows all children to be active with the intensity or ability that they can do.
   b) Avoid assumptions about a child’s physical capabilities by taking cues from the child.
   c) A child with a special need (significantly overweight) requires significant, individualized instruction on weight, food selection, and physical activity.
   d) Integrate healthy choice elements throughout your curriculum.

5) Which of the following is a CORRECT statement?
   a) Teachers should look for ways to be active with children by finding a level of engagement that is comfortable and enjoyable for them.
   b) All teachers should follow standardized physical activity checklists while they are involved with children.
   c) Teachers must engage in daily, vigorous, robust activity with children.
   d) Teachers should follow a written movement curriculum during a scheduled time each day.

Copyright ©Exchange Press, Inc. 2013. Permission for use granted under license agreement. All rights reserved. www.childcareexchange.com