True / False

1. Health is primarily a state of physical well-being.
   1. True
   2. 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 understandng 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: Remebering

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

1. Current definitions of health recognize that individuals must take a proactive role in reducing their risk of chronic disease.
   1. True
   2. 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 promotionand disease prevention to enhance health.

*KEYWORDS:* Bloom's: Remembering

1. A teacher’s knowledge of developmental norms plays an important role in the prevention of children’s unintentional

injuries.

* 1. True
  2. 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

1. Food provides nutrients that influence a child’s growth, development, and behavior.
   1. True
   2. 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

1. During the first six months, an infant can be expected to grow as much as one inch in length per month.
   1. True
   2. 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

1. Two-year-olds can be expected to play cooperatively with one another.
   1. True
   2. 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.

1. Norms are skills that children should be able to demonstrate by a specific age.
   1. True
   2. 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.

1. Oral hygiene practices should be implemented once a child’s permanent teeth have erupted.
   1. True
   2. 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.

1. Children’s social­emotional competence can have a direct effect on their state of physical well­being.
   1. True
   2. 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.

1. Children as young as 36 months are able to feed themselves without adult assistance.
   1. True
   2. 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.

1. A child who suffers from depression may be indecisive, exhibit uncontrollable anger and/or have difficulty sleeping.
   1. True
   2. 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.

Multiple Choice

1. The current definition of health emphasizes the:
   1. medical treatment and cure of disease
   2. limits set by a person's genetic makeup
   3. interrelatedness of physical, mental, economic, cultural, and social well-being
   4. 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 repetoire 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

1. Children who are born into poverty are more likely to:
   1. have a shorter life expectancy
   2. experience birth defects and serious medical conditions
   3. experience a higher rate of learning and behavior problems
   4. 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.

1. The most important reason for including health education in children's early education curriculum is to:
   1. reduce the incidence of communicable disease in school settings
   2. implement the results of the latest child research
   3. engage families and hold them responsible for children's well-being
   4. 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.

1. Measures taken to protect young children’s safety require an understanding of their:
   1. likes and dislikes b. developmental stage and abilities

c. gender d. 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.

1. A child’s nutritional status affects:
   1. behavior
   2. energy and activity levels
   3. resistance to infection
   4. 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

1. The term heredity refers to:
   1. transmission of genetic characteristics
   2. inborn temperament and developmental abilities
   3. psychological influences on health
   4. 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:* B;oom's: Remembering

1. Teachers influence children’s mental health in all of the following ways EXCEPT:
   1. accepting each child as an individual
   2. showing consistency in the setting and enforcement of classroom standards
   3. giving in to children’s requests, demands, and desires
   4. 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.

1. Neural connections form as the result of:
   1. heredity
   2. biological maturation
   3. daily experiences
   4. 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

1. Which of the following statements most accurately describes “normal” growth and development of the preschool

child?

* 1. 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

1. The (CHIP) program makes low-cost health insurance available to income-eligible families:
   1. 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.

1. Mental illness is a leading health problem that may develop as the result of:
   1. negative self-concept
   2. living in a dysfunctional family
   3. heredity
   4. 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.

1. The leading cause of death among young children is due to:
   1. 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

1. 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

1. 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

1. 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

1. 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

1. 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, tchnology, and other factors on health behavior.

*KEYWORDS:* Bloom's: Applying

1. 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

1. 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

1. can lead to changes in a child’s emotional and/or physical well­being.

*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

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

1. 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

1. 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 thorugh 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

Subjective Short Answer

1. 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

1. 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

1. How does having health insurance contribute to children’s well­being?

*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

1. 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

1. Why is it important to be aware of children’s social­emotional well­being?

*ANSWER:* Social­emotional health affects children’s physical well­being 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

1. 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

1. 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

1. 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

1. 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

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

*ANSWER:* 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.

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

*KEYWORDS:* Bloom's: Analyzing

Essay

1. 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?

*ANSWER:* 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.

*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.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.