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Turn-Key: Preventing Obesity and Promoting Wellness in Early Childhood Settings

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.