

Full Name:  
Email:  
Phone Number:  
Provider:

Note: It may take up to six weeks to process documents submitted to the training office. Name and contact information must be clearly written on all documents. Failure to do so may cause a delay in processing.



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

### MODULE 4

#### Lesson Eleven – Family-Style Dining

- 1) Family-style dining includes all of the following EXCEPT:
  - a) Opportunities to model healthy food choices, portion sizes, and great conversations.
  - b) Adult caregivers moving around the table to serve children one by one and to bring extra servings.
  - c) Food placed in serving bowls on the table.
  - d) Children serving themselves independently or with minimal help from an adult.
  
- 2) Choose the INCORRECT guideline related to family-style dining:
  - a) Consistency is critical in successful family dining so children practice self-help skills.
  - b) If there are numerous spills during the introduction of family-style dining, stop for a while and revisit the practice again later in the year when children are older.
  - c) Children learn life skills, such as serving themselves and should be allowed to capably do it independently.
  - d) Family-style dining includes setting up the table prior to eating and cleaning up afterward.
  
- 3) Full participation meals look different with different age groups because:
  - a) Toddlers will be too messy if they pour their own milk.
  - b) Infants have individual needs so they should be separated during feedings.
  - c) Mixed-age dining conflicts with continuity of care.
  - d) Mixed-age dining allows meals to mimic what occurs naturally in families.
  
- 4) All but one of the following are listed as reasons to read and make Stone Soup at your center:
  - a) Children acclimated to family-style dining really appreciate and celebrate special meals prepared together.
  - b) Stone Soup is a folktale based on collaboration and sharing with meaningful messages.
  - c) It is not recommended that families bring food items from home to share in the making of soup because of hygiene issues.
  - d) Children can help prepare the vegetables for Stone Soup by chopping and cutting them with plastic knives.

- 5) Select the statement that is not discussed as part of planning for successful family dining:
- a) Have the support of the whole program.
  - b) Provide serving and eating utensils appropriate for children's age and abilities.
  - c) Have enough food and serving bowls so that all tables can be served at once.
  - d) To keep the mealtime on schedule, set the table before the children arrive.

## **MODULE 4**

### **Lesson Twelve – The People's Garden**

- 1) Choose the CORRECT statement related to growing with children:
- a) Growing plants from seeds with children takes too long, so always start with seedlings.
  - b) Be sure everything you grow in your garden is consumed at your center, not sent home.
  - c) Gardening with children is labor-intensive work for young children.
  - d) Children's innate curiosity, sense of wonder, and excitement related to gardening are all good reasons to try it at your center.
- 2) Choose the INCORRECT statement related to the People's Garden:
- a) Maintenance of the garden, such as watering, requires additional staff to be hired.
  - b) Wood mulch reduced the amount of maintenance and weeding required at the People's Garden at the Cornell Bright Horizons Center.
  - c) The People's Garden initiative was started to help families come together to support and get excited about gardening.
  - d) The Garden was an ideal place for parents to pick up their children at the end of the day.
- 3) Choose the recommendation from this list that was NOT included in Finding What Works:
- a) Start small so you learn how to care for a few plants at a time.
  - b) Use your gardening curriculum to guide children, rather than following their interests to get the most learning from your outdoor experiences.
  - c) Incorporate tastings and cooking into gardening experiences.
  - d) Encourage children to draw and write about what they see in the garden.
- 4) Early childhood gardening experiences instill values that will last a lifetime. Which statement was NOT discussed in the video?
- a) This creates a generation that will support and give back to their community.
  - b) They will value sustainability.
  - c) They will understand the importance of making healthy choices.
  - d) They will all become gardeners as adults.

- 5) According to the video, valuing healthy choices includes:
- a) Eating fresh fruits and vegetables and being physically active outdoors.
  - b) Bringing a different food for children to eat every week.
  - c) Changing your outdoor space to include a large garden plot.
  - d) Home visits to teach parents how to garden.

## **MODULE 4**

### **Lesson Thirteen – Healthy Pizza Field Trip**

- 1) Choose the INCORRECT statement related to the Healthy Pizza Field Trip:
- a) Prepare and plan in advance to get the most out of your field trip.
  - b) Consider what your children are interested in and their developmental levels when planning a field trip.
  - c) A successful field trip plan eliminates the need for teachers to be flexible or adapt on the day of the trip.
  - d) Teachers connected field trips to ongoing gardening activities to enhance children's excitement.
- 2) The Healthy Pizza Field Trip was valuable for the following reasons:
- a) Eating the healthy vegetables and food was so different from their typical daily eating habits.
  - b) Using vegetables that they had never seen before, rather than ones they were familiar with, made the children excited to put them on their pizzas.
  - c) Seeing peers reject some vegetables motivates other children to boldly try them.
  - d) For young children, each aspect of a field trip is a learning experience because it often includes new opportunities and environments.
- 3) Choose the INCORRECT answer. It is important for teachers to revisit a field trip experience afterward because:
- a) It builds on the momentum and reinforces learning.
  - b) It extends learning, allowing children to apply what they learned on the trip.
  - c) Oftentimes only a few children were actively involved during the trip, so afterward the rest of the group can at least have a similar experience.
  - d) Big concepts like healthy eating are learned best when they are presented and experienced in a variety of ways over time.
- 4) After the field trip the children engaged in all of these follow-up activities except:
- a) Making Pizza, a math activity.
  - b) Graphing their favorite vegetable they liked when they ate their pizza.
  - c) Reading books about vegetables.
  - d) Each child answered questions posed by their teacher to test their retention of key points made during the field trip.

- 5) The teachers at Bright Horizons shared the following final thoughts EXCEPT:
- a) Look for ways to incorporate many academic areas into the interest topic that the children are learning about.
  - b) Follow up over time and in different ways.
  - c) It is best to introduce new things through books and discussion.
  - d) Bring excitement and passion to your everyday teaching.

## **MODULE 4**

### **Lesson Fourteen – We’re All Special**

- 1) Choose the INCORRECT statement related to ‘kind words’:
- a) The goal of helping children to recognize differences in others is to reshape children so groups are more alike.
  - b) Stories can be used to demonstrate that our body is the framework, but it is what is inside that matters most.
  - c) Helping children focus on people’s internal qualities builds on their natural instincts.
  - d) Being okay with the differences in people is the foundation of tolerance.
- 2) Some ways to help children know that we are all special include all of the following EXCEPT:
- a) Sending home questionnaires to parents asking them to share about their child’s special interests and talents.
  - b) Providing opportunities for children to share about themselves in front of a group.
  - c) Helping children to recognize and tell their friends a quality they appreciate.
  - d) Reviewing this unit efficiently, early in the year, because children intuitively know kind words to use and that we are all special.
- 3) Choose the CORRECT statement:
- a) It is recommended that teachers focus on skills that children struggle with to build their self-confidence.
  - b) Children are not generally motivated to succeed so teachers should try to instill that value.
  - c) Children are born with a can-do attitude and educators can continue to foster it.
  - d) Praising children frequently is the most effective way to build self-esteem.
- 4) An activity that gives each child a chance to be up in front of their group talking about their interests and what makes them special is:
- a) Confidence building and helps each child realize their self-worth.
  - b) Time consuming, so start early in the year.
  - c) Embarrassing to children.
  - d) A great form of assessment.

- 5) The I Can Do It example does all of the following EXCEPT:
- a) The teacher can model more specific ways to talk kindly about one another.
  - b) Allows for repetition over time to help children take in information and internalize it.
  - c) Cautions teachers in giving children a false sense of empowerment.
  - d) Gives children practice and experience in using kind words.