

CHAPTER 8

Promoting Nutrition and Wellness

Study Guide

Directions Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Good Nutrition Promotes Wellness

Wellness: _____

Nutrients: _____

Nutrition: _____

Good nutrition provides the foundation for _____

Many children may obtain up to _____ of their daily food intake in child care settings.

Nutrition for Children

For good health, the body needs six types of nutrients:

- _____
- _____
- _____
- _____
- _____
- _____

Deficiency: _____

The energy in food is measured as _____

Nutrients that provide calories are _____

Getting too many calories from any food and not burning enough calories with physical activity can lead to _____

MyPyramid

MyPyramid: _____

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The MyPyramid food groups are:

- _____
- _____
- _____
- _____
- _____

The five main food groups are equally important to health, but _____

MyPyramid shows a range of food amounts for each food group based on

Calorie levels are based on _____

MyPyramid is not intended for use with _____

Menu Planning

A full-day program might provide _____

Half-day preschools might provide _____

Meet Nutrition Requirements

Menus for a child care program must include _____

Preparing foods in a variety of ways _____

Tips to make sure that foods served are nutritious include:

- _____
- _____
- _____
- _____
- _____

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Child and Adult Care Food Program (CACFP): _____

Cultural and Ethnic Diversity

Menus should include _____

Serving such foods broadens _____

Accommodate Special Needs

Some children may be unable to eat certain foods because of:

- _____
- _____

To accommodate special food needs:

- _____
- _____
- _____

Serving Meals and Snacks

Young children have smaller _____

Offer small amounts of food at first, and then _____

Serve easy-to-eat foods:

- _____
- _____
- _____
- _____

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Building Social Skills

Snacks and meals should be served _____

Teachers should role model _____

Food Safety and Sanitation

Safe food handling standards have been established by _____

Food Safety

Anyone preparing or serving food must _____

Perishable: _____

_____ limit the growth of bacteria.

_____ used in cooking food destroy harmful bacteria.

Limiting Food Hazards

To maintain proper food temperatures:

- _____
- _____
- _____
- _____
- _____

Keeping Records

State laws usually require child care programs to be _____

Child care programs must keep records of _____

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Sanitation

Sanitation: _____.

To practice good sanitation, food handlers must:

- _____
- _____
- _____

Clean, sanitary cooking equipment also contributes to food safety:

- _____
- _____
- _____

Promoting Wellness

Nutrition, sleep, and physical activity combine to _____

Teachers can create _____

Sleep Sustains Health

The average preschooler needs _____

Sleep gives children's brain cells _____

With adequate sleep, children have _____

Sufficient sleep also improves children's physical health by _____

Children who develop good sleep habits tend to have more _____

Chapter 8 Promoting Nutrition and Wellness (continued)

To help children develop good sleep habits:

- _____
- _____
- _____
- _____
- _____

Active Play Promotes Wellness

One hour of daily active play for children can _____

Children need to develop the habit of daily movement to _____

Early childhood professionals should provide _____

Nurture Good Mental Health

Early childhood teachers need to observe children closely so they can _____

To help children adopt good mental health habits, early childhood teachers can:

- _____
- _____
- _____
- _____
- _____
- _____