CH 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: __________________________________________
Chapter 8  Promoting Nutrition and Wellness (continued)

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:

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
Chapter 8  Promoting Nutrition and Wellness (continued)

Child and Adult Care Food Program (CACFP):

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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:

• ________________________________

• ________________________________

• ________________________________

• ________________________________
Chapter 8  Promoting Nutrition and Wellness (continued)

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 ________________________________
Chapter 8  Promoting Nutrition and Wellness (continued)

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:

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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:

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