

## Study Guide for Healthy Childcare®, Volume 13, Issue 4

*Training certificates will be mailed ONLY if you include a stamped, self-addressed envelope. Mail to Healthy Childcare, PO Box 624, Harbor Springs, MI 49740*

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### Nutrition Action

How much has the obesity rate increased for children ages 2-5?

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Why does childhood obesity occur?

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What percent over the normal body weight is considered obese for a child?

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Why have eating habits impacted childhood obesity?

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How much exercise per day should a young child receive?

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What types of foods should you offer in the childcare setting?

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What percent of fat calories should be the total percentage of a child's daily calorie intake?

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What are four large motor muscle activities that can be included in a day's activities?

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What are two suggestions for teaching healthy eating habits?

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**In Sickness & Health: Storybooks that Support Kids with Allergies & Asthma**

How many young children in the U.S. might have food allergies?

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How do you prevent a food allergy reaction?

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What percent of fatal or near-fatal allergic reactions are triggered by peanuts?

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What are two books that might be used to discuss allergies to animals?

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How many young children in the U.S. might have asthma?

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What triggers an asthma attack?

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How can asthma be controlled?

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What are two books that can help explain asthma to young children?

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What does Brianna learn about in *Brianna Breathes Easy*?

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How can sharing books about allergies and asthma help young children?

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Where can you find more information about asthma?

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**Safety First: Let's Go Safely on Field Trips**

Why should you consider the purpose of a field trip when planning one?

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What are two activities that need to be considered when planning a field trip?

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What are three safety hazards that should be identified at the field trip site?

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What types of child proof hazards should be looked for?

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What kinds of safety issues can take place with animals?

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What types of hygiene concerns must be planned for on a field trip?

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How might transportation occur to a field trip site?

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What safety concerns should you consider at the unloading/loading sites?

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When you should conduct head counts?

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What advantages are there to visiting a field trip site in advance?

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**Medicine Chest: Dance with Young Children for Fun, Health & Fitness**

Why is dancing beneficial to young children?

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What skills can dancing help develop?

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What should three-year-olds demonstrate in dancing?

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What do the Standards for Dance in Early Childhood address?

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What is needed for a safe dance environment?

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What can you do to prevent accidents and falls?

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What does dancing teach young children?

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What are examples of locomotor movements?

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What kinds of music can be used to promote dancing?

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What are three examples of safe props that can be used when dancing?

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What can you ask of parents to provide to support dancing?

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