

Study Guide for Healthy Childcare®, Volume 13, Issue 5

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Nutrition Action: Too Much Juice

What problems can occur from too much juice?

How many calories does an 8 ounce glass of orange juice contain? A whole orange?

How many fruit servings should a child have per day? How many apples are in 1 glass of juice?

Why does too much juice impact a child's teeth?

What should you look for on a juice container's label?

What problems can occur with raw apple juice?

How many ounces of juice a day should infants and toddlers have? Children over aged two?

How old should a baby be before introducing juice?

What are two suggestions for reducing juice intake in childcare?

In Sickness & Health: Tick Concerns During Outdoor Play

What is a tick?

Where do ticks live?

Where are ticks found?

What diseases can ticks carry?

What are four symptoms of a tick bite?

What areas of a child's body should you check often for ticks?

How should you remove a tick?

How can you help prevent tick bites when children play outdoors?

How can light colored clothing on a child help you in detecting ticks?

What percent of DEET should be in an insect repellent used on a child under 2? 2 and older?

What should your program require regarding use of an insect repellent on a child?

Safety First: Documenting & Reporting Injuries in Childcare

What characteristics of group childcare can lead to injuries?

How should staff prepare to prevent child injuries?

What are three items to be included in an injury report?

What should every childcare program have in place regarding injuries?

Who might receive copies of an injury report?

What type of injuries would require an injury report?

What is an example of an injury hazard that could lead to injury?

How can reporting an injury to a governmental agency help with reducing further injuries?

What could repeated injuries to only one child indicate?

What should you do if an adult or staff person is injured?

Medicine Chest: Managing Food Allergies

What does the term “allergy” refer to?

What does the body do when a harmful substance appears?

What eight foods account for most food allergies?

What percent of children ages 4 and under might have a food allergy?

What symptoms might appear if a child eats a food that he is allergic to?

What should be in place for each child who has a food allergy?

What might be included in an allergy plan?

What is the most effective way to prevent food allergen exposure for a child in your care?

What should you do for a child with food allergies if foods are brought from home?

Why should you use fresh food versus processed??

Why should you check labels of processed foods?
