

Healthy Me!

The Preschoolers' Guide to Nutrition and Wellness

ASSESSMENTS

PROJECT COORDINATOR

Deborah K. Winans, RDN

ACTING EXECUTIVE DIRECTOR

Aleshia Hall-Campbell, PhD, MPH

2017

Pre-Assessment

Identifier _____

Instructions: Read each statement or question. Then select the best answer to complete the statement or answer the question. The best answer should reflect a best practice for nutrition, food safety, or physical activity in child care settings. Write a non-personal identifier, such as a word, number, or picture, in the space at the top of the page. Use the same identifier when completing the post-assessment.

1. At least half of the grain products served to preschoolers should be _____.
 - a. Low in fat and sugar.
 - b. Enriched grains.
 - c. Products other than bread.
 - d. Whole grains.

2. Children should not sit for more than _____.
 - a. 15 minutes at a time.
 - b. 30 minutes at a time.
 - c. 60 minutes at a time.
 - d. 90 minutes at a time.

3. To wash hands properly, how long should one vigorously scrub hands with soapy water?
 - a. 10 seconds
 - b. 15 seconds
 - c. 20 seconds
 - d. 30 seconds

4. Teachers and staff should eat with preschoolers so they can _____.
 - a. Put the right amount of food on the children's plates.
 - b. Make sure children clean their plates.
 - c. Eat the lunch they brought from home at the same time as the children.
 - d. Role model eating healthy foods.

5. What temperature range below represents the temperature danger zone?
 - a. 35 °F - 140 °F
 - b. 41 °F - 135 °F
 - c. 40 °F - 140 °F
 - d. 50 °F - 70 °F

6. Which of the following foods cause the most food allergies?
 - a. Milk, eggs, and wheat
 - b. Peanuts, soy, and rice
 - c. Fish, soy, and tomatoes
 - d. Shellfish, walnuts, and gluten

Identifier _____

7. Children with special needs _____.
 - a. Should play separately from the other children.
 - b. Should play indoors only.
 - c. Don't need as much physical activity as the other children.
 - d. Should play with other children according to their abilities.

8. Preschoolers ages two and older should drink _____.
 - a. Chocolate milk.
 - b. Reduced fat milk.
 - c. Low-fat milk.
 - d. Whole milk.

9. You can tell a hamburger is cooked when _____.
 - a. It turns brown.
 - b. It has been cooked for at least 5 minutes on each side.
 - c. The center is no longer pink.
 - d. The internal temperature reaches 160 °F.

10. Preschoolers need how many minutes of active play every day?
 - a. 20 to 30 minutes
 - b. 30 to 60 minutes
 - c. 60 to 90 minutes
 - d. 90 to 120 minutes

11. Which of the following can a child who is lactose-intolerant drink instead of milk at meals and snacks?
 - a. Water
 - b. Fruit juice
 - c. Lactose-free or reduced-lactose milk
 - d. Any beverage the parent brings in for the child

12. Leftover foods are properly reheated when _____.
 - a. They are warm to the touch.
 - b. They are reheated in the microwave for 5 minutes.
 - c. They are reheated to a temperature of 145 °F.
 - d. They are reheated to a temperature of 165 °F and held for 15 seconds.

13. Foods should never be served to preschoolers that contain _____.
 - a. High fructose corn syrup.
 - b. Hydrogenated or partially hydrogenated fat.
 - c. Gluten.
 - d. Lactose.

Identifier _____

14. Children should play outdoors _____.
- Only when it is sunny and warm.
 - For 60 minutes or more every day.
 - Only as a reward for good behavior.
 - Only when a teacher is leading them in an activity.
15. Preschoolers need _____.
- More structured play than unstructured play.
 - More unstructured play than structured play.
 - About equal amounts of structured and unstructured play.
 - Structured play when they are outdoors and unstructured play when they are indoors.

Post-Assessment

Identifier _____

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Pre/Post-Assessment Answer Key

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