

PROMOTING HEALTHY WEIGHT CHILDREN

Training for Early Childhood Educators

This is a 3-part training. Follow instructions provided for each part. When you have completed the training and test, you will email or mail the test to Positive Patterns for Life to be graded. You will find test submission details on page 4.

NAME: _____ STARS #: _____ DATE: _____

EMAIL: _____ PHONE #: _____

PART 1 – Watch the video titled “Promoting Healthy Weight Children.” Fill in the blanks to the following questions and/or statements, as you watch this video.

1] T / F Body Mass Index (BMI) is a measurement the compares mass of the body to height of the body.

2] A normal BMI percentile for children ranges from the _____ % to the _____ %.

3] List 3 health problems a child with a high BMI may experience:

1. _____
2. _____
3. _____

4] There are 5 main factors that contribute to the development of a high BMI. List 3 of them:

1. _____
2. _____
3. _____

5] Check the box of each habit that increases risk of a child becoming overweight / obese:

- ☐ Lack of dairy and calcium in the diet
- ☐ Lack of fruits and vegetables in the diet
- ☐ Not starting a child on a multivitamin at age 2 year
- ☐ Late introduction of solid foods to infants
- ☐ Offering too great a variety of food during toddlerhood
- ☐ Regular consumption of soda pop, fruit juice, and other sweet beverages

- ☐ Using food to promote good behavior
- ☐ Parental rigidity and inflexibility regarding eating practices
- ☐ Allowing children to get their own snacks
- ☐ Erratic sleep patterns and lack of sleep

6] If you find a child has a BMI in the 4th percentile, what action should you take?

7] Normal weight gain for preschools is between _____ and _____ pounds per year.

8] Preschoolers should get _____ hour(s) of structured physical activity and _____ hour(s) of unstructured physical activity most every day.

9] Check the box of each description that is an appropriate childhood obesity treatment goal for a preschool age child:

- ☐ Accelerated weight gain to stop
- ☐ Slow weight gain to less than normal
- ☐ See the BMI gradually drop over the next 2 years
- ☐ See weight and height moving closer to being on a similar percentile curve
- ☐ Produce 1 pound of weight loss per week

PART 2 – Watch the video titled “Parent’s Toolkit for Healthy Weight Kids – Unhealthy Habits” and read pages 2 and 3 of the *Parent Toolkit for Healthy Weight Kids*. Fill in the blanks to the following questions and/or statements, as you watch this video.

10] T / F The primary factor that causes children to have a high BMI is genetics.

11] Check the box of each habit that causes an energy overload:

- ☐ Skips breakfast
- ☐ Is a fast eater
- ☐ Takes second helpings on non-starchy vegetables
- ☐ Eats large servings
- ☐ Eats home cooked meals 5 times a week
- ☐ Eats fast food several times a week
- ☐ Eats multiple snacks between meals
- ☐ Sneaks and hides food

12] T / F Home cooked meals typically are prepared with healthier foods than restaurant meals.

13] Young children should be limited to _____ hour of screen time per day.

14] Preschool age children should get _____ to _____ hours of sleep per night.

15] Write a healthy habit goal for each unhealthy habit below:

a) Is a fast eater ... _____

b) Eats alone ... _____

c) Has an erratic sleep schedule ... _____

d) Eats in front of the TV ... _____

PART 3 – Watch the video titled “Parent’s Toolkit for Healthy Weight Kids – Healthy Habits” plus read pages 4 and 5 of the *Parent Toolkit for Healthy Weight Kids* and pages 1 and 2 of the *Healthy Habits Kids Goals Chart*. Look at and be familiar with the *Healthy Habits Tips – Companion Guide* handout. Fill in the blanks to the following questions and/or statements, as you watch this video.

16] T / F Foods high in fiber cause a high BMI.

17] Which of the following are NOT a benefit of family style meals?

- ☐ Strengthen family relationships
- ☐ Positive affect on mental and emotional health
- ☐ Associated with high levels of physical fitness
- ☐ Supports language development in young children
- ☐ Associated with lower BMIs in youth

18] T / F Young children should be allowed to get their own snacks.

19] T / F Young children should never be given snacks between meals.

20] T / F A child can misinterpret the brain's message to **drink** as a message to **eat**.

21] Which macronutrient stores the easiest as fat on the body?

- ☐ Protein
- ☐ Fat
- ☐ Carbohydrates

22] Write the title of the best handout to have a parent read if they are looking for information about:

a) How to decrease fat in the family's diet: _____

b) Examples of healthy snacks: _____

c) How to increase vegetables in their child's diet: _____

d) How to order healthier food at a restaurant: _____

e) How parents and families can support young children to develop healthier eating habits: _____

f) What a healthy diet looks like for a preschooler: _____

23] T / F It is the child's job to choose which health habits they want to work on.

24] T / F It is appropriate to work 1 new health habit at a time.

Scan your completed test into your computer and email it to positivepatternsforlife@gmail.com or you can mail it to Positive Patterns for Life, P.O. Box 902, Guernsey, WY 82214.

If you answer 85% of the test questions correctly, you will be sent a *STARS Course Evaluation Form* to complete and submit to Wyoming STARS office. You will receive 2 STARS credits for completing this course.