

PLAYER TIPS

UNIT 4:

Brain Development pg 391

1. During the preschool years, the brain is still the _____ growing organ.
2. _____ specialization is development of special abilities in different regions of the brain.
3. Greater _____ improves visual-motor coordination and intellectual development.
4. _____ begins to “close” many windows of opportunity.
5. Because of its rapid growth, the brain uses ____ % of the body’s energy, which makes good nutrition a must for healthy development.
6. By 5 years of age, preschoolers brains are _____ % of adult weight.
7. Functional specialization enables people to develop _____ functions.
8. Executive functions include A) working _____ B) cognitive _____ C) inhibitions
D) control _____ emotions E) handle _____ (speaking, writing) language
F) handle _____ (listening and reading) language
G) allow for more logical _____ development

Maturation of Organs pg 391

9. By _____ years of age, the stomach capacity of a preschooler is about one-half of an adult
_____ stomach.
10. Preschoolers’ stomachs are straight and upright making it very easy for them to _____.
11. Heart matures and heart rate slows and becomes steady so blood pressure _____.
12. By 3 years of age, children use adult-like chest breathing but _____ passages are small.
13. _____ is a condition in which the body is lacking fluids is very common in preschool
_____ years.

Body Proportions pg 393

14. By the age of five and one-half, your child’s _____ are one-half the length of their body which
is the same as an adult’s leg-to-body proportion.
15. By 5 years of age, your preschooler’s _____ is now smaller than the hips and shoulders.
16. Your toddler is losing his baby or deciduous teeth. The permanent teeth are growing under
the gums while the jaw _____ or lengthens.
17. During the preschool years, your child is more prone to _____.
18. The two main reasons for injury include A) _____ which are the elastic-like bands that
hold bones together are loose and bones are not fully formed or thinner and less hard than teen
bones which causes injuries since bones are prone to slip out of place.
B) certain diseases like _____ or infection of a bone, childhood diabetes, Down
syndrome, obesity and sickle-cell anemia can all lead to bone and joint deformities.

Fat and Muscle pg 394

19. Boys lose baby fat more _____ than girls.
20. With good nutrition and physical activity, most of the baby fat disappears by the first day of
_____.
21. At five and one-half years, a child’s fat deposits are less than _____ as thick as they were
at one year of age.

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Fat and Muscle pg 394

22. Girls will have more _____ than boys.
23. Boys have more _____ and bone growth than girls.
24. Boys are usually a pound _____ than girls at this age.
25. Your preschooler can now balance on one foot with their arms out which is called _____ balance.
26. Your preschooler can now balance on a balance beam which is called _____ balance.
27. Your preschooler can now throw a ball by turning their hips and shoulders backward while the throwing arm comes forward which is called body _____.
28. Your preschooler can now do a change of weight from the back leg to the forward leg which is called a _____ shift.
29. Your preschooler's ability to _____ or to work with an object by using their hands is still awkward.
30. During the preschool years, your child will begin to show a _____ preference.
31. When your preschooler can use either hand equally well it is called _____.
32. Hand preference is the tendency to use one hand more skillfully than the other hand for most tasks making that hand the _____ hand.
33. Your preschooler is able to respond faster to sound, sight or other stimuli than when they were a toddler which is called their _____ time.
34. Your preschooler's balance develops from coordinating signals from the eyes and movement of fluid in the _____ canals located in the inner ear.
35. *At what age can children ride a bicycle with training wheels?* _____ years
36. *At what age can children walk upstairs by alternating feet?* _____ years
37. *At what age can children walk a balance beam?* _____ years

Healthful Eating Plans pg 401

38. The preschool diet must provide enough nutrients for _____ growth and other developing body systems.
39. _____ should include nutrient-rich foods.
40. Lack of sufficient nutrients may _____ development.
41. Caregivers can use the _____ website.
42. Caregivers can encourage small helpings and stopping when _____.
43. Nutrient-dense foods are high in lean protein, complex carbohydrates, healthy fats, vitamins and minerals and contain relatively _____ calories.
44. _____ calories supply the body with energy, but not with nutrients.
45. Eating many empty calories can cause weight _____.
46. Overweight preschoolers tend to stay _____.

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Healthful Eating Plans pg 401

47. _____ foods are foods low in nutritional value.
48. Added sugars and solid fats are some _____ calories to avoid.
49. Solid fats are fats found mainly in animal-based foods like _____ and beef fat that stay solid at room temperature.
50. Soda and _____ are empty-calorie foods.
51. Too much salt and fat early in life may increase chances of high _____ pressure in later years.

Forming Healthful Food Attitudes pg 403

52. Food attitudes may last a _____.
53. _____ is always a good idea.
54. Preschoolers observe the habits of their _____.
55. Provide a comfortable environment for mealtime with utensils that fit the child and low _____.
56. According to the MyPlate meal plan, your preschooler should aim for around _____ calories per day.
57. According to the MyPlate meal plan, your preschooler should eat 1 ounce of grains and $\frac{1}{2}$ cup _____ for a mid-morning snack.
58. According to the MyPlate meal plan, your preschooler should eat $\frac{1}{2}$ cup vegetables and $\frac{1}{2}$ cup _____ for a mid-afternoon snack.
59. According to the MyPlate meal plan, your preschooler should eat 1 ounce of grains, $\frac{1}{2}$ cup dairy and $\frac{1}{2}$ cup _____ for breakfast.
60. According to the MyPlate meal plan, your preschooler should eat 1 ounce of _____, $\frac{1}{2}$ cup dairy and $\frac{1}{2}$ cup vegetables and 1 ounce of protein for lunch.
61. According to the MyPlate meal plan, your preschooler should eat 1 ounce grains, $\frac{1}{2}$ cup vegetables, $\frac{1}{2}$ cup dairy and 2 ounces of _____ for supper/dinner at night.
62. Children who are rewarded and punished with food may learn to eat as a way of _____.

Foods with Preschooler Appeal pg 404

63. Consider the _____. B) Aim for _____ appeal. C) Keep foods _____.
D) Serve foods at acceptable _____. E) Vary methods of _____.
F) Offer new foods in _____ amounts. G) Prepare _____ to-eat foods. H) Make meals ____.

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Choosing Garments pg 408

64. Allow preschoolers choices to express _____.
65. Ensure clothes for _____ and fit.
66. Choose clothes that are _____.
67. Include _____-*dressing features* help the child dress himself or herself.
68. Self-dressing features that help include A) zippers B) _____ in waistband and sleeves
C) _____ opening for slipover the head D) _____ with self-adhesive strips
69. Preschooler's feet can grow one size every _____ months.

Rest and Sleep pg 411

70. Your child no longer wants to take an afternoon nap but they still need 11 to _____ hours of sleep at night.
71. Your child is over 3 years of age but still wets the bed at night which is called _____.
72. There are 7 possible causes of enuresis: A) _____ problems B) deep _____
C) too much _____ in the evening hours D) _____ of getting up in the dark
E) _____ tract problems F) not being _____ for 3 or more months
G) _____ causing pressure on the bladder

Dental Care pg 410

73. Your _____ can have a sticky, mineral deposit coating the teeth which can cause cavities and is called plaque.
74. Your preschooler should brush their teeth _____ a day with a pea-size amount of fluoride toothpaste.
75. Your preschooler should see a dentist _____ times a year.

Physical Activity pg 410

- 76 The American Academy of Pediatrics recommends limiting screen time to less than _____ hours per day.

Digestion pg 392

77. Everyone has a digestive system or gastrointestinal tract (or GI) which is composed of 3 _____ organs which are the mouth, _____ and stomach.
78. Swallowing pushes food into the esophagus. From there involuntary muscles contract and relax to propel food through the GI tract which is called _____.

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