

1. Which of these foods should not be fed to babies and young children as they are a choking risk?
  - a. Whole grapes
  - b. Bananas
  - c. Strawberries
  - d. Watermelon
2. Family style dining helps children learn a healthy relationship with food by allowing the opportunity to:
  - a. Practice social skills
  - b. Develop fine motor skills
  - c. Observe adult role-models for mealtime behaviors
  - d. All of the above
3. Which of the following are NOT a common food allergen for children?
  - a. Carrots
  - b. Eggs
  - c. Shellfish
  - d. Peanuts
4. Which of the following are signs of a possible allergic reaction?
  - a. Trouble breathing
  - b. Swelling
  - c. Skin rash
  - d. All of the above
5. Where should EpiPen be administered on the body during anaphylactic emergency?
  - a. Arm
  - b. Middle of the outer thigh
  - c. Finger
  - d. Toe
6. How long is it recommended we wash our hands to help reduce the spread of infectious diseases?
  - a. 2 seconds
  - b. 20 seconds
  - c. 8 minutes
  - d. 10 minutes
7. Methods of removing pathogens from surfaces include:
  - a. Cleaning
  - b. Sanitizing
  - c. Disinfecting
  - d. All of the above
8. The best way to prevent the spread of transmission of illness in the classroom is:
  - a. Sneezing into your hands
  - b. Handwashing properly with soap and water for 20 seconds
  - c. Eating without first washing your hands
  - d. Coming to school with a fever
9. Play is important for:
  - a. Developing self-regulation
  - b. Promoting language
  - c. Promoting cognition
  - d. Social competence
  - e. All of the above
10. Which of the following are the basic needs of every child?
  - a. Food
  - b. Clothing
  - c. Shelter
  - d. All of the above