

# Study Guide for Healthy Childcare®, Volume 12, Issue 5

*Training certificates will be mailed ONLY if you include a stamped, self-addressed envelope. Mail to Healthy Childcare, PO Box 624, Harbor Springs, MI 49740*

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## Medicine Chest: Tummy Troubles

What symptoms of stomach trouble should be taken seriously?

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What are three possible causes of constipation?

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What kind of pain does appendicitis cause?

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What is gastroenteritis?

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What are symptoms of gastroenteritis?

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What generally causes a food borne illness?

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What are the symptoms of a food borne illness?

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What food borne illness symptoms might require medical attention?

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What kinds of stress might trigger tummy troubles for a young child?

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What might a child's complaint of a stomach ache also indicate?

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What are three symptoms in a child with a tummy ache that may need medical attention?

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What tummy ache symptoms might require a child to be excluded from childcare?

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### **In Sickness & Health: Breaking the Infection Chain**

What causes infectious diseases?

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What are three common infectious diseases often seen in childcare?

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How can germs be spread and enter the body?

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What is an incubation period?

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How is influenza spread?

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How many days may children be carriers of this virus?

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What are symptoms of influenza?

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How can influenza be treated?

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How is H1N1 influenza transmitted?

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What steps can be done in childcare settings to prevent illnesses?

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How can influenza be prevented?

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**Safety First: An Ounce of Prevention**

How many fires occur in childcare settings annually?

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What areas in the childcare setting may be prone to fires?

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What is one resource for information on fire safety regulations and recommendations?

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Who can be contacted locally as a fire safety resource?

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Why should battery-operated smoke detectors not be in use in larger childcare settings?

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What factors determine how many smoke detectors your childcare setting must have?

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What are the two types of smoke detectors?

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How often should smoke detectors be checked?

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When should you use a fire extinguisher?

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What kind of fire extinguishers put out a combustible fire? An electrical fire?

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**Nutrition Action: Vitamin C & Meal Planning?**

What does Vitamin C do?

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What can a Vitamin C deficiency cause in young children?

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What is the average recommended intake of Vitamin C for children ages 4-8?

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What happens if a child takes in too much Vitamin C in a day?

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Where is Vitamin C naturally found?

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What kinds of foods have Vitamin C added?

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What foods should be considered first when planning for Vitamin C?

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How many servings per day of Vitamin C do most states require of childcare programs?

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What is the best way to serve Vitamin C rich foods to preserve the nutritional value?

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What are three foods that can be served a day that contain Vitamin C?

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How many ounces of orange juice provide 65 mg of Vitamin C?

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