

*Physical Development  
from Four to Six*

**CHAPTER 13**

**Study Guide**

**Directions:** Answer the following questions as you read the chapter. They will help you focus on the main points. Later, you can use this guide to review and study the chapter information.

**Section 13–1: Growth and Development from Four to Six**

- 1. How does the physical growth rate of children ages four to six compare to that of children ages one to three?

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- 2. About how much height and weight do children gain per year from ages four to six?

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- 3. Describe three ways a child’s body shape and posture change from age four through age six.

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- 4. Which permanent teeth appear first? What is their role in the arrangement of teeth in the mouth?

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- 5. In what order are primary teeth lost? \_\_\_\_\_

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**Physical Development from Four to Six**

**Chapter 13 continued**

6. Five-year-old Tyler sucks his thumb a lot. His parents are concerned. What should they do and why?

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7. For each skill listed in the chart below, indicate whether it is a fine or gross motor skill. Identify the age—four, five, or six—when a child typically learns it.

Motor Skill	Fine or Gross?	Approximate Age
Writes entire words		
Skips, alternating feet		
Walks backward easily		
Cuts on line with scissors		
Buttons clothing		
Throws ball overhand		
Hops on one foot		
Draws a person with head, body, arms, and legs		
Dresses and undresses self		
Jumps rope		
Uses spoon and fork, but also uses fingers for some foods		

8. When are most children able to tie their shoes? \_\_\_\_\_

9. What are *ambidextrous* children able to do? \_\_\_\_\_

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**Section 13–2: Caring for Children from Four to Six**

10. Some children in this age group require more food than others. What accounts for this difference?

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11. How often should children ages four to six eat? \_\_\_\_\_

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**Physical Development from Four to Six**

**Chapter 13 continued**

12. "I hate peas," declared six-year-old Alexis. "If you eat all your peas, you can stay up an extra half-hour tonight," her mother responded. Is the mother's response likely to encourage good eating habits? Explain your answer.

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13. How can parents model good eating habits? \_\_\_\_\_

14. How can television viewing negatively influence a child's nutrition and physical health?

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15. Name three ways that children can be involved in obtaining and preparing food. \_\_\_\_\_

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16. Why is it important the foods included in packed lunches are appealing, as well as nutritious?

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17. Why are convenience foods and foods from fast-food restaurants often poor nutritional choices?

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18. What are three ways that poor nutrition can affect children's health and development?

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19. If a four- to six-year-old appears overweight, who can help determine if there is a problem? Who can help with meal planning if there is one?

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**Physical Development from Four to Six**

**Chapter 13 continued**

**20.** When a child consumes more calories than the body uses through physical activity, what happens to the extra calories?

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**21.** When parents are trying to help their children be physically active, why is it important to choose activities that are age appropriate?

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**22.** What are two techniques that can be used to encourage four- to six-year-olds to bathe regularly?

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**23.** At about what age are children able to handle a toothbrush well enough to brush without help?

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**24.** Why is it important for children to use a toothpaste that contains fluoride? \_\_\_\_\_

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**25.** Cassandra never fussed about her clothing, but since her sixth birthday, she has refused to wear certain outfits. What might have caused this change?

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**26.** At bedtime, six-year-old Garrett throws his clothes on the floor of his room. His mother puts them in the laundry hamper because it seems easier than constantly reminding Garrett to do it. Evaluate this mother's response to this problem.

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**27.** How much sleep do most four- to six-year-olds need each night? \_\_\_\_\_

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***Physical Development from Four to Six***

***Chapter 13 continued***

**28.** How do four- to six-year olds typically react to bedtime? \_\_\_\_\_

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**29.** Identify four ways that parents should respond to bed wetting. \_\_\_\_\_

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**30.** Beth’s son Luis just turned four. When they arrive at his friend’s birthday party at a recreation center, she makes sure he knows where the bathroom is. What else could Beth do to help prevent a toileting accident?

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*Growth and Development  
from Four to Six*

**SECTION 13-1**

# Describing Growth and Development

**Directions:** Dr. Janna Pavlev, a pediatrician and author, is giving an illustrated lecture to parents about the growth and development of preschoolers. You are Dr. Pavlev’s assistant. Listed below are descriptions of some of the slides that Dr. Pavlev will show during her talk. In the lines below each description, write some notes that Dr. Pavlev can use as the basis for her talk.

- 1. Slide: A group of preschoolers standing together in a class photo. Children are of different heights and weights.

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- 2. Slide: Six-year-old boy standing next to two-year-old boy at backyard pool; both are in swimsuits so body shapes are evident.

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- 3. Slide: Six-year-old girl smiling at camera missing two lower front teeth. \_\_\_\_\_

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- 4. Slide: Children aged four to six running in park or playground. \_\_\_\_\_

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## Caring for Children from Four to Six

## SECTION 13-2

# Using Nutrition Labels

**Directions:** When selecting a cereal, reading the fine print can help because all packaged foods are required by law to have a panel listing nutrition facts. Each contains information about serving size, calories, fat content, nutrients, and vitamins. One column shows the “% daily value.” That figure tells how much of an adult’s dietary needs are met by one serving of the product. In Cereal A below, for example, one serving provides 25% of the daily need for vitamin C. Study both labels and answer the questions that follow.

- How big is a serving?  
Cereal A \_\_\_\_\_ Cereal B \_\_\_\_\_
- What size serving would you estimate a four- to six-year-old might eat?  
\_\_\_\_\_
- How many servings are in a box?  
Cereal A \_\_\_\_\_ Cereal B \_\_\_\_\_
- How many calories are in each serving, both plain and with milk?  
Cereal A plain \_\_\_\_\_ Cereal B plain \_\_\_\_\_  
Cereal A with milk \_\_\_\_\_ Cereal B with milk \_\_\_\_\_
- What are the four main ingredients (the first four listed) in each cereal?  
Cereal A \_\_\_\_\_  
Cereal B \_\_\_\_\_
- Which cereal contains more fiber? \_\_\_\_\_
- Which cereal provides more vitamin A? More iron?  
Vitamin A \_\_\_\_\_  
Iron \_\_\_\_\_
- Does the vitamin C come from the cereal itself or from the milk?  
\_\_\_\_\_

### Cereal A

Nutrition Facts			
Serving Size		3/4 Cup (31g/1.1 oz)	
Servings per Container		18	
Amount Per Serving	Cereal	Cereal with 1/2 Cup Skim Milk	Vitamins A & D
<b>Calories</b>	120	160	
Fat Calories	0	0	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	0%	0%	
Saturated Fat 0g	0%	0%	
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
<b>Cholesterol</b> 0mg	0%	0%	
<b>Sodium</b> 210mg	9%	11%	
Potassium 20mg	1%	6%	
<b>Total Carbohydrate</b> 28g	9%	11%	
Dietary Fiber 0g	0%	0%	
Sugars 13g			
Other Carbohydrate 15g			
<b>Protein</b> 1g			
Vitamin A	15%	20%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	10%	10%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B <sub>6</sub>	25%	25%	
Folic Acid	25%	25%	
*Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300mg	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<b>Ingredients:</b> Corn, sugar, salt, malt flavoring, corn syrup.			
<b>Vitamins and Iron:</b> ascorbic acid, (vitamin C), niacinamide, iron, pyridoxine hydrochloride (vitamin B <sub>6</sub> ) riboflavin (vitamin B <sub>2</sub> ), vitamin A palmitate (protected with BHT), thiamin hydrochloride (vitamin B <sub>1</sub> ), folic acid, and vitamin D.			

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9. If a child liked to eat dry cereal as a snack, which column would you look at for nutrition information? Why is more nutritious to eat cereal with milk?

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10. Some sweetened cereals contain 6g of sugar per serving. A serving of unsweetened cereal may contain about 3g of sugar. How much sugar does Cereal A contain? Cereal B? Would you classify them as sugary cereals?

Cereal A: \_\_\_\_\_ Cereal B: \_\_\_\_\_

11. If these cereals were available as packaged breakfast bars, predict ways in which the nutrition information might change.

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12. How might parents add even more nutrition to their five-year-old's morning cereal?

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13. Would you serve either cereal to a child aged four to six? Why or why not?

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**Cereal B**

<b>Nutrition Facts</b>		
Serving Size ¾ Cup (30g)		
Servings per Container 14		
Amount Per Serving	Cereal	With ½ Cup Skim Milk
<b>Calories</b>	120	160
Calories from Fat	25	25
<b>% Daily Value**</b>		
<b>Total Fat</b> 2.5g*	<b>4%</b>	<b>4%</b>
Saturated Fat 0g	<b>0%</b>	<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 180mg	<b>8%</b>	<b>10%</b>
Potassium 70mg	2%	8%
<b>Total</b>		
<b>Carbohydrate</b> 24g	<b>8%</b>	<b>10%</b>
Dietary Fiber 1g	<b>6%</b>	<b>6%</b>
Sugars 12g		
Other Carbohydrate 11g		
<b>Protein</b> 2g		
Vitamin A	25%	30%
Vitamin C	25%	25%
Calcium	4%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	2%	6%
Copper	2%	2%

\*Amount in cereal. A serving of cereal plus milk provides 0.5g saturated fat, <5mg cholesterol, 240mg sodium, 270mg potassium, 30g carbohydrate (18g sugar) and 6g protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300mg	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE OAT FLOUR (INCLUDES THE OAT BRAN), SUGAR, CORN SYRUP, DRIED APPLE PIECES, PARTIALLY HYDROGENATED SOYBEAN OIL, WHEAT STARCH, SALT, CINNAMON, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, COLOR AND FRESHNESS PRESERVED BY SODIUM SULFITE, SULFUR DIOXIDE AND BHT.

VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACIN), IRON (A MINERAL NUTRIENT), VITAMIN A (PALMITATE), VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID) AND VITAMIN D.