

TEST NAME: **FE12 7.0**
TEST ID: **1007013**
GRADE: **09 - Ninth Grade - 12 - Twelfth Grade**
SUBJECT: **Vocational Home Economics**
TEST CATEGORY: **Shared Classroom Assessments**

Student: _____

Class: _____

Date: _____

1. Robert is twelve years old and slightly mentally challenged. His stepfather is **always** telling him that he is stupid and worthless. What could the stepfather **most likely** be charged with?
 - A. Child neglect
 - B. Emotional abuse
 - C. Non-accidental physical injury
 - D. Sexual abuse

2. Which is an appropriate menu for a child who is a vegetarian?
 - A. Collard greens, pinto beans, cornbread, milk
 - B. Green beans, applesauce, grilled chicken, iced tea
 - C. Spinach, apple wedges, hot dogs with macaroni and cheese, milk
 - D. Yogurt with fruit, green peas, ham and pasta salad, soft drink

3. Her teacher noticed that Jane had become very withdrawn. When the teacher asked Jane if something was bothering her, Jane said that her uncle was making her watch movies that had men and women with no clothes on hurting each other. With what could the uncle **most likely** be charged?
 - A. Child neglect
 - B. Emotional abuse
 - C. Non-accidental physical injury
 - D. Sexual abuse

4. Sarah was helping clear the table and accidentally dropped a stack of plates on the floor. Sarah's dad reacted immediately by throwing the broken dishes back at her, which resulted in several deep cuts that required stitches. What could the father **most likely** be charged with?
- A. Child neglect
 - B. Emotional abuse
 - C. Non-accidental physical injury
 - D. Sexual abuse
5. A typical result of food allergies for children is:
- A. extreme weight gain.
 - B. itchy rash and stuffy nose.
 - C. preference for cultural foods.
 - D. slowed rate of growth.
6. Mrs. Jared heard a four-year-old boy tell another child that his daddy was a very mean man, and that he hurt him and made him do bad things. The child had a problem with stuttering and seemed **not** to like being around other children. How should the teacher respond?
- A. Call the mother immediately
 - B. Leave the situation alone since the suspected abuse is not happening in the preschool
 - C. Make sure she would not be held responsible if the suspicion of abuse proved not to be true
 - D. Report the suspected abuse to the Department of Social Services
7. Reliable nutrition information would **best** be described as:
- A. available online.
 - B. expensive.
 - C. free.
 - D. objective.

8. Zach came to school complaining that he had to sleep outside last night because his parents locked him out of the house to punish him. What could his parents **most likely** be charged with?
- A. Child neglect
 - B. Emotional abuse
 - C. Non-accidental physical injury
 - D. Sexual abuse
9. Nutrition information tends to be **most** reliable when it:
- A. comes from a company that is marketing a nutrition product.
 - B. comes from the U. S. Department of Agriculture.
 - C. is available online.
 - D. is free of charge.
10. Which is an appropriate treatment for a child who is undernourished?
- A. Choosing foods that will not cause an allergic reaction
 - B. Giving foods that provide nutrients lacking in the child's diet
 - C. Offering foods that will not affect blood sugar levels
 - D. Serving foods that will not cause weight gain
11. A typical result of obesity for children is:
- A. having bowed legs and teeth with cavities.
 - B. having frequent diarrhea, nausea, and loss of appetite.
 - C. having low self-esteem and problems getting along with others.
 - D. feeling sick when they do not eat.

12. According to the Meal Patterns Chart, which midafternoon snack menu is **most** appropriate for a six-to-twelve-year-old child?

Meal Patterns Chart			
Breakfast	Children 1–3 yrs	Children 4–5 yrs	Children 6–12 yrs
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Juice or fruit or vegetable	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
Bread and/or cereal			
Enriched or whole-grain bread	$\frac{1}{2}$ slice	1 slice	1 slice
Cold, dry cereal	$\frac{1}{4}$ cup ₁	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup ₂
Hot cooked cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Midmorning or midafternoon Snack (supplement)	Children 1–3 yrs	Children 4–5 yrs	Children 6–12 yrs
(select 2 of these 4 components)			
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Meat or meat alternative	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
Juice or fruit or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Bread and/or cereal			
Enriched or whole-grain bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
Cold, dry cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup ₂
Hot cooked cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Footnotes:			
1 $\frac{1}{4}$ cup (volume) or $\frac{1}{3}$ ounce (weight), whichever is less.			
2 $\frac{3}{4}$ cup (volume) or 1 ounce (weight), whichever is less.			

- A. $\frac{1}{2}$ cup apple juice and 1 banana
- B. $\frac{1}{2}$ cup carrot sticks and $\frac{1}{2}$ cup milk
- C. 1 cup cold cereal and 1 cup milk
- D. 1 ounce ham and 1 slice white bread

13. The childcare teacher needed to check the nutritional requirements for licensing centers in North Carolina. Which resource should the teacher check?
- A. ChooseMyPlate.gov
 - B. Food restrictions list from parents
 - C. Menu Planning form
 - D. NC Childcare Handbook
14. The different-colored sections of the ChooseMyPlate visual represent the:
- A. desire to participate in daily activities.
 - B. different food groups one should consume daily.
 - C. Meal Patterns for Children chart.
 - D. need to eat larger amounts of some food groups.
15. According to the Meal Patterns Chart, which morning supplement menu is **most** appropriate for a two-year-old child?

Meal Patterns Chart

Breakfast	Children 1-3 yrs	Children 4-5 yrs	Children 6-12 yrs
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Juice or fruit or vegetable	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
Bread and/or cereal			
Enriched or whole-grain bread	$\frac{1}{2}$ slice	1 slice	1 slice
Cold, dry cereal	$\frac{1}{4}$ cup ₁	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup ₂
Hot cooked cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Midmorning or midafternoon Snack (supplement)	Children 1-3 yrs	Children 4-5 yrs	Children 6-12 yrs
(select 2 of these 4 components)			
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Meat or meat alternative	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
Juice or fruit or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Bread and/or cereal			
Enriched or whole-grain bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
Cold, dry cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup ₂
Hot cooked cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Footnotes:			
1 $\frac{1}{4}$ cup (volume) or $\frac{1}{3}$ ounce (weight), whichever is less.			
2 $\frac{3}{4}$ cup (volume) or 1 ounce (weight), whichever is less.			

- A. Chocolate chip cookies and milk
- B. Oatmeal and pancakes
- C. Pear halves in heavy syrup and apple juice
- D. Whole-grain crackers and orange juice

16. Mrs. Miller walked by Marybeth and overheard her telling another little girl that her older brother was touching her in private places. How should Mrs. Miller respond?
- A. Ask Marybeth to repeat what she just said
 - B. Call Marybeth's brother immediately
 - C. File a complaint against the brother
 - D. Report the information to Social Services
17. The intern needed to check to see what size food portion children at various ages should receive. Which nutritional resource should the intern check?
- A. ChooseMyPlate.gov
 - B. Food restrictions list from parents
 - C. Meal Patterns for Children chart
 - D. Menu planning form
18. The childcare teacher needed to find out about the special dietary needs of some of the children in her class. Which resource should the teacher use?
- A. ChooseMyPlate.gov
 - B. Food restrictions list from parents
 - C. Menu planning form
 - D. NC Childcare Handbook
19. A little girl in kindergarten was playing with dolls in the housekeeping center. Her actions with the dolls showed that she had extensive knowledge of sexual actions. How should the teacher respond?
- A. Call her parents immediately
 - B. Do not do anything; she is just playing
 - C. Report the information to Social Services
 - D. Watch the child to see what else she does

20. Ms. Harris, the preschool teacher, was very concerned about helping one of her students cope with neglectful parents. In trying to build the child's resilience, what should the teacher provide?
- A. Consistent daily routine
 - B. Healthy snack and lunch
 - C. Warm coat for outside play
 - D. Educational toy to play with
21. Which supper represents foods from all food groups?
- A. Carrots, celery sticks, cheese pizza, sugar cookies, and soft drink
 - B. Cream of broccoli soup, hamburger, french fries, and milk
 - C. Fruit salad, garlic bread, spaghetti with meatballs and tomato sauce, and milk
 - D. Orange slices, chicken nuggets, baked beans, and iced tea
22. A typical result of diabetes for children is:
- A. feeling sick when they do not eat.
 - B. having bowed legs and teeth with cavities.
 - C. having frequent diarrhea and nausea.
 - D. having low self-esteem and problems getting along.
23. According to the Meal Patterns Chart, which midafternoon snack menu is **most** appropriate for a four-year-old child?

Meal Patterns Chart

Breakfast	Children 1-3 yrs	Children 4-5 yrs	Children 6-12 yrs
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Juice or fruit or vegetable	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
Bread and/or cereal			
Enriched or whole-grain bread	$\frac{1}{2}$ slice	1 slice	1 slice
Cold, dry cereal	$\frac{1}{4}$ cup ₁	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup ₂
Hot cooked cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Midmorning or midafternoon Snack (supplement)	Children 1-3 yrs	Children 4-5 yrs	Children 6-12 yrs
(select 2 of these 4 components)			
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Meat or meat alternative	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
Juice or fruit or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Bread and/or cereal			
Enriched or whole-grain bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
Cold, dry cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup ₂
Hot cooked cereal	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Footnotes:			
1 $\frac{1}{4}$ cup (volume) or $\frac{1}{3}$ ounce (weight), whichever is less.			
2 $\frac{3}{4}$ cup (volume) or 1 ounce (weight), whichever is less.			

- A. $\frac{1}{2}$ cup apple juice and 1 banana
- B. $\frac{1}{2}$ cup carrot sticks and $\frac{1}{2}$ cup milk
- C. 1 cup cold cereal and 1 cup milk
- D. 1 ounce ham and 2 slices white bread

24. A typical result of undernutrition for a child is:
- A. becoming overweight.
 - B. developing hardening of the arteries.
 - C. feeling full of energy most of the time.
 - D. not growing at the rate typical for his/her age group.
25. After Ms. Smith told the director of the childcare center the evidence she had seen that the curriculum was not developmentally appropriate, the director did nothing. How should Ms. Smith respond?
- A. Call the parents immediately
 - B. Quit her job at the center and try to forget about it
 - C. Report the information to Division of Child Development herself
 - D. Try to convince the director to report the information