

April Newsletter: Prevent Childhood Obesity

Post Test / April 2010

*Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.*

Learning Objective: After reading the newsletter, the provider understands the surgeon general's advice on preventing childhood obesity and methods to encourage children to be healthy.

1. A healthy future is our _____ to our children.
2. Part of the Surgeon General's Pledge is for caretakers to be role models by making healthy choices for themselves.
True or False
3. Guidelines suggest that school-age youth should participate in 45 minutes of moderate physical activity each day.
True or False
4. Limit the time to less than two hours per day that you and your family watch TV and DVDs and play video games. To help— keep _____ out of children's rooms.
5. Read the nutrition _____ on packages to help you to make healthful choices.
6. Make sure your child eats a healthy breakfast every day.
True or False
7. Research shows that when a family eats together, children eat more fruits and vegetables and fewer fried and junk foods.
True or False
8. Know when servings are _____ than needed and teach your children to eat only what they need at each meal.
9. A recent study found that with each extra hour of sleep, the risk of a child's being overweight or obese dropped by 9 percent.
True or False
10. Let the children play a part in these healthy changes whenever you can by helping to shop for healthy foods, preparing meals, setting the table, and being a part of family _____ at mealtimes.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

April 2010: Prevent Childhood Obesity

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development
Services

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