

Let's Move! Child Care

Strive for 5: Goals for a healthier future

Post Test - April 2012

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 5 goals to help instill healthy practices with food and nutrition in their child care.

1. There are around 12 million babies and young children in child care nationwide.
True or False
2. _____: Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
3. **No** screen time for children under 2 years.
True or False
4. Screen Time: For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of _____).
5. Food: Serve fruits or vegetables at _____ meal.
6. Eat meals family-style whenever possible, and don't serve _____ foods.
7. Beverages: Provide access to _____ during meals and throughout the day, and don't serve sugar-sweetened drinks.
8. For children age 2 and younger, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
True or False
9. Infant Feeding: For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.
True or False
10. Not sure that you're ready or able to make changes now — or that our Let's Move! Child Care ideas will even work for your center or home? Well, child care providers just like you have stepped up to the plate to start adapting the nutrition and physical activities of the kids in their care — for the better. Visit _____ .org for more information!



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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 2012: Let's Move! Child Care

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
Training Coordinator
Southwest Human Development Services

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