

Tips for Serving Healthier Party Treats

Post Test –April 2015

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 some creative ways to serve healthy foods in fun ways.

1. Presentation, including a variety of colors, and making eating a hands-on experience can be important in serving nutritious party foods.
True or False
2. When it comes to _____ options, go for air-popped popcorn, whole-grain tortilla chips with salsa and guacamole or whole-wheat pita bread with hummus. Toss together a simple trail mix made with whole-grain cereal, nuts and dried fruit for an energizing mix of complex carbohydrates and protein.
3. Including a variety of colors of veggies ensures that the kids are getting a range of nutrients.
True or False
4. Lighten up dips with low-fat plain Greek _____. Serve the dip with fresh vegetables and toasted whole-wheat baguette slices.
5. Aim for color _____ and a variety of _____ on fruit and vegetable trays. Try combining grape tomatoes, baby carrots, steamed and chilled green beans and cauliflower florets.
6. A filling main event can be nutritious and fun like a homemade pizza party with plenty of healthy toppings.
True or False
7. For healthier drinks serve fruit juice mixed with _____ water for a bubbly drink with less sugar, or try infusing water with fresh fruit, like strawberries, oranges or lemons.
8. Being smarter with sweet party treats can include serving more nutritious foods first then bringing out the sweets later when the kids have already filled up on healthier fare..
True or False
9. Feel free to get creative with the sweet party treats: smarter options include fruit- or yogurt-based _____.
10. Another creative party idea: Involve older children in a cooking competition. Divide the kids into groups and give each group a mystery basket with several ingredients, such as canned beans, tortillas, low-fat shredded cheese and something unusual like popcorn. Charge each group with creating their own _____ from the ingredients provided.



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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

April 2015: Tips for Serving Healthier Party Treats

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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