

Essential Vitamins and Minerals for Vegetarian and Vegan Diets

Post Test – April 2016

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 importance of essential nutrients and how to incorporate them into vegetarian and vegan diets.

1. Our body cannot produce vitamin B12.
True or False
2. Vitamin B12 has a vital role in cell division and _____ formation in the body; therefore, it is especially important for growing children to have reliable sources of vitamin B12 in their diet.
3. Although recommendations for vitamin B12 are very small, a vitamin B12 deficiency is a very serious problem and may lead to anemia and permanent nerve damage.
True or False
4. Zinc supports _____ growth and development during pregnancy, childhood, and adolescence.
5. A few examples of foods rich in _____ include: roasted pumpkin seeds, peanuts, cashews, and chickpeas.
6. A daily intake of zinc is required to maintain a stable state as the body has no specific zinc storage system.
True or False
7. _____ is an important element in our body which helps with carrying oxygen in the blood, cell metabolism, and providing energy.
8. Unfortunately, plant sources of iron are not as well absorbed as animal sources, so care must be taken to emphasize rich sources of plant-based iron.
True or False
9. A few examples of iron-rich plant based foods: dried beans, black eyed peas, lentils, broccoli, collard and turnip _____.
10. Combination of iron-rich foods with good sources of _____ like orange juice, grapefruit and tomatoes will increase iron absorption.



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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

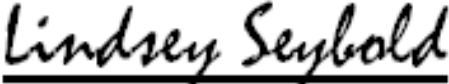
April 2016: Essential Vitamins and Minerals for Vegetarian and Vegan Diets

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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