

# “Spring into Healthier Eating Habits”

## Post- Test April 2017

**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, having a better understanding of how to make healthier eating choices and the impact that small daily changes can make.

1. Fruits and Vegetables should make up \_\_\_\_\_% of your plate.
2. What are two examples of a single protein serving?  
\_\_\_\_\_ and \_\_\_\_\_
3. The dairy product consumed should be high in fat content.  
True or False?
4. What is the name of the illustration made to help explain portions for each meal?  
\_\_\_\_\_
5. What website will give you even more information about portions of each type of food for each meal?  
\_\_\_\_\_
6. A single fruit serving can be one piece of fresh fruit, 1 cup of 100% fruit juice, and 1 cup of dried fruit.  
True or False?
7. At least half of your grains should be what?
  - a. Whole Grain
  - b. Whole wheat
  - c. Iron enriched
8. Which vegetable has a slightly larger portion size to satisfy the proper amount of vegetables needed for that meal?  
\_\_\_\_\_
9. Who created the illustration for meal portions?  
\_\_\_\_\_
10. How many food components make up a proper meal?  
\_\_\_\_\_



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

Sponsor of the

## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

### **April 2017: Spring into Healthier Eating Habits**

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 \_\_\_\_\_

*Kelsey Garrett*

Kelsey Garrett  
Program Coordinator  
Southwest Human Development  
Services