

The Picky Eaters

Post Test - August 2011

**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 more about picky eaters and how to help them within their childcare setting.

1. Picky eating is not a normal behavior in children.
True or False
2. During mealtimes teachers must create an environment that is warm and welcoming to children. All _____ should be eliminated; turn off all music, television, and put away all toys.
3. Teachers should show excitement and enthusiasm towards mealtimes. The more involved the teacher is in creating a pleasant environment, the higher the chances are of implementing healthy eating habits. A routine should be followed at every meal, so children are aware and know what to expect during mealtime.
True or False
4. _____ style dining is highly recommended; it implements both social and motor skills.
5. Children begin to _____ because of several different reasons. Reasons may include intensive sensitivity to flavor, food boredom, a self-rule attitude, and the fear of trying new foods.
6. Reluctance to try new foods may be due to a variety of reasons. _____ may be an issue that causes children to be picky eaters. Phenylthiocarbamide may also have an impact on children.
_____ is a chemical in some food that causes a bitter taste.
7. Strategies for success: Provide _____ for trying (i.e. trying one bite, smelling, feeling the food) and limit the offering of new foods to one new food at a time.
8. Applying Force– During mealtimes, children should not be forced to eat. Forcing children to eat can have a negative long-term effect. It is okay for a child to choose not to eat a menu item. The goal is to encourage each child to try new foods.
True or False
9. Bribery – A child should never be bribed to eat a meal. Bribing promotes picky eating. Bribing or promising rewards introduces the concept of _____. Making deals with children to eat certain foods only sets the child up for _____. Children develop the idea that undesirable food can only be eaten after an agreement or arrangement has been made.
10. Teachers must understand that children control their own eating habits. Teachers control what and where each child should eat. But, teachers do not control how much or how little a child will eat. Teachers should remain consistent and positive and understand the temperaments and personalities of each child. Then teachers can guide children to healthy eating habits.
True or False



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is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

August 2011: The Picky Eaters

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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