

# Fruits Versus Veggies ... And the Winner Is?

Post Test - August 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 the benefits of fruits and veggies and how to incorporate them into children's diets.

1. Fruits contain many of the same vitamins and minerals as vegetables, but in different \_\_\_\_\_ . It's ideal for kids to get a mix of both.
2. Vegetables tend to be higher in calories than fruits.  
True or False
3. A tip to get your kids to eat more fruits and veggies: experiment. Try adding a vegetable that you do not typically serve, or offer it in a different form, or shape.  
True or False
4. Another tip: familiarize. Less familiar veggies such as \_\_\_\_\_ , celery, or sugar snap peas may spark his/her interest.
5. One more tip: twist it up. A slight tweak in preparation may change your child's mind about a certain vegetable. Kids may not like cooked \_\_\_\_\_ cut into coins, but they may like it shredded or raw.
6. Consider adding fresh \_\_\_\_\_ with dinner if your child repeatedly skips veggies.
7. Mandarin oranges, sliced pears, dried cranberries, dried apricots or chopped apples make good additions to salads, rice or stuffing.  
True or False
8. Kids don't miss a beat, and hearing you talk about what they don't like will likely increase their \_\_\_\_\_ .
9. Don't bribe or reward kids for eating their vegetables, it can backfire later.  
True or False
10. All of these tips help create an open environment of trying new foods. Always let the \_\_\_\_\_ of whether to try a food rest with your child. With small children, you can even tell them they have to try one bite, but if they don't like it, spit it out. Gently let your child know it can take a few times before they like the taste.



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

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## **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

### **August 2012: Fruits Versus Veggies**

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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