

# Grade-schoolers and Healthy Foods

Post Test – August 2013

**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 how to involve grade-school age children in improving their nutrition.

1. Make a habit of selecting one new fruit or vegetable to try each week, keeping in mind that your child may not be interested in trying something unfamiliar until it's been offered numerous times.  
True or False
2. To encourage your child to take some responsibility for his own nutrition, you could help him create his own daily food \_\_\_\_\_, with boxes for each category: fruit, vegetables, grains, dairy, and meat/protein. Look at the chart together at the end of each day to tally how well he did in meeting his nutritional goals.
3. Teach your grade-schooler to follow a simple recipe and measure ingredients. (This is excellent hands-on practice for learning fractions!)  
True or False
4. Have your child wash the lettuce and toss the salad, grease the baking pans and fill the muffin tins. Once he's old enough to handle it, have him grate cheese and even \_\_\_\_\_ fruits and vegetables.
5. Take your grade-schooler on an outing to an orchard, berry farm, or dairy so he can see where the food on his plate comes from. There's nothing like seeing your own food grow to \_\_\_\_\_ kids to eat their fruits and veggies.
6. You might try incorporating healthy foods into dishes you know your grade-schooler likes, but don't be sneaky about it. Even if he falls for it now, he may later feel betrayed when he figures out what's up.  
True or False
7. Be aware of your grade-schooler's nutritional needs, but remember that eating right isn't all about fruits and vegetables. \_\_\_\_\_ is especially important during adolescence, when bones are growing rapidly.
8. A peanut butter sandwich (1 1/2 tablespoons on two slices of whole wheat bread) and one cup of low-fat milk will take care of about a third of your child's recommended daily intake of grain and half of his dairy requirements.  
True or False
9. As you consider all the ways of getting your grade-schooler to eat well, remember to \_\_\_\_\_ what you preach. If your child sees you eating lots of junk food or skipping meals, you can't expect him to eat properly.
10. Don't use a sweet treat as a bribe or withhold it as a punishment. Try to make mealtime together — at the table, not in front of the television — as enjoyable as possible, so that your child can establish a good, healthy \_\_\_\_\_ with food.



Southwest Human Development Services  
P.O. Box 28487 • Austin, Texas 78755-8487  
(512) 467-7916 • Toll Free (800) 369-9082  
Fax (512) 467-1453 • Toll Free (888) 467-1455  
[www.swhuman.org](http://www.swhuman.org)

## **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

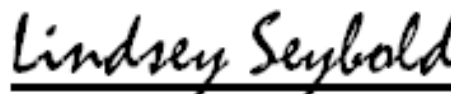
### **August 2013: Grade-schoolers and Healthy Foods**

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  
Training Coordinator  
Southwest Human Development Services

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