

Nutrition Education Programs and Activities

Post Test – August 2015

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 nutrition education within a child care setting and how to plan related activities.

1. When children are engaged in hands-on, nutrition-related activities, they are more likely to apply the information learned in real-life situations, such as choosing fresh fruits and vegetables over foods high in sugar.
True or False
2. Knowing the “_____” promotes optimum growth and development, and it aids in establishing lifelong, healthy eating habits.
3. Education programs are easily enhanced by adding activities to your current curriculum.
True or False
4. One option is use _____ to teach children about nutrition, such as reading nutrition-related books to the children and adding books about food and healthy eating to the reading section of your classroom.
5. You can use music to teach children about nutrition through singing, chanting, rhyming, and listening to nutrition-related music. These simple changes can help the children in your care develop _____ healthy eating habits.
6. Nutrition education is learning about foods and how foods are important to health. Activities should be age appropriate and fun. Children will stay involved longer if they are having fun.
True or False
7. Get children involved in activities around food and eating. Children learn through their play and through hands-on activities. Provide learning activities that engage the children’s _____ of touch, smell, taste, hearing, and seeing. Allow children to handle food—mix it, prepare it, smell it, and taste it. Help them learn to describe foods as they see them—their color, shape, and texture.
8. Plan simple activities before harder ones. Children, like adults, want to be successful in what they do. You can help children be successful by first planning activities that are simple and then progressing to harder ones.
True or False
9. Children learn new things by building on things they already know. When you introduce a new topic about food and eating, connect it to something already _____ to them.
10. As always, be ready to use _____ moments to help children learn about food and eating. A _____ moment is a time when children are ready to learn something new or to make connections with something you have already discussed or done.



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

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

August 2015: Nutrition Education Programs and Activities

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

SOUTHWEST HUMAN DEVELOPMENT SERVICES
A Private, Non-Profit Texas Corporation