

“National Peach Month”

Post- Test August 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, you will have a better understanding of health benefits of peaches and how to choose the best ones.

1. What nutrient in peaches helps to prevent constipation and irregular bowel movements?

2. Beta-Carotene helps keep what part of the body healthy and functioning?
 - a. Lungs
 - b. Eyes
 - c. Ears
 - d. Bones
3. After buying a ripe peach, within how many days should you eat the fruit?

4. Chlorogenic acid that is naturally occurring in peaches helps protect the body from free radicals and any harmful diseases.
True or False?
5. What color should peaches be if they are ripe and ready to buy?
 - a. Red
 - b. Greenish/ yellow
 - c. Orange
 - d. Pink
6. Vitamin C helps to fight against cancer causing agents, free radicals.
True or False?
7. National Peach Month takes place during what month?
 - a. July
 - b. September
 - c. August
 - d. March
8. If a peach is not fully ripened when you buy it, how can you help speed up the process?

9. Potassium helps with the nerve and cell functions in the body.
True or False?
10. Name three vitamins or nutrients found in peaches.
_____, _____, _____



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award _____

THIS CERTIFICATE to

for the completion of 30 minutes of training in

August 2017: National Peach Month

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

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