

December Newsletter: The Nutrition Facts Label Post Test / December 2009

*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 purpose of the nutrition facts label and how to best utilize the information.

1. Serving sizes are _____ to make it easier to compare similar foods.
2. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients.
True or False
3. Remember: the _____ of _____ you consume determines the number of calories you actually eat (your portion amount)..
4. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may decrease your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.
True or False
5. Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets.
True or False
6. The %DV makes it easy for you to make comparisons between similar products or brands. Just make sure the _____ are similar, especially the weight (e.g. gram, milligram, ounces) of each product.
7. Use the %DV to help you quickly distinguish one claim from another, such as "reduced fat" vs. "light" or "nonfat."
True or False
8. Note that Trans fat, Sugars and, Protein do not list a %DV on the Nutrition Facts label.
True or False
9. Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally _____ diet.
10. Make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, _____, _____, honey, and maple syrup.



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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

December 2009 The Nutrition Facts Label

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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