

December Newsletter: Dark Green Leafy Vegetables

Post Test / December 2010

***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 nutritional benefits leafy green vegetables and some ways to prepare them.

1. Dark green leafy vegetables are good sources of many vitamins and minerals your body needs to _____, such as vitamins A, C, and K, folate, iron and calcium.
2. Research suggests that the nutrients found in dark green vegetables may prevent certain types of cancers and promote heart health.
True or False
3. Dark green vegetables are also high in fat-soluble vitamins such as vitamins A, K, D, and E. These vitamins require a little bit of dietary fat in order for the body to absorb them.
True or False
4. When you eat dark green vegetables, make sure to add a teaspoon of dietary fat, such as butter, _____ oil, cheese or salad dressing to make sure your body absorbs all of the vitamins you eat.
5. Arugula has a _____ taste and is rich in vitamins A, C, and calcium. It can be eaten raw in salads or added to stir-fry, soups, and pasta sauces.
6. Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium. They are best when steamed or eaten raw in salad.
True or False
7. _____ has a slightly bitter, cabbage-like flavor and is rich in vitamins A, C and K. It is tasty when added to soups, stir-fries, and sauces.
8. Swiss Chard tastes similar to spinach and is rich in vitamins A, C, and K, potassium and iron. It is best stir-fried or eaten raw in salads.
True or False
9. Try mixing leafy greens such as collard greens, kale or mustard greens into your favorite _____.
10. For something new; steam collard greens, kale, or spinach. Add water to a pot and place a steamer with the vegetables into it. Next, bring the water to a simmer, cover with a lid, and wait a few minutes until your vegetables are slightly soft. Enjoy!
True or False



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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

December 2010: Dark Green Leafy Vegetables

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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