

Vital Veggies

Post Test – December 2014

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 some of the health and cancer prevention benefits of colorful veggies.

1. When looking for ways to prevent cancer, scientists are looking more and more at what we eat. Some foods may protect against cancer. High on this list are a group of vegetables known as crucifers.
True or False
2. The name crucifers comes from their flowery petals that are shaped like a _____.
3. Cruciferous vegetables are veritable powerhouses of nutrition. They are low in calories, and high in vitamins A and C, fibers, enzymes, calcium and iron.
True or False
4. Crucifers include cabbage, broccoli, brussels sprouts, many _____ such as Chinese cabbage and turnip greens, and more.
5. Crucifers help with appetite control since their high content of _____
_____ brings on a feeling of fullness that may release appetite-suppressing hormones.
6. By making sure you and your family eat two to twenty servings of fruit and vegetables a day, you can reduce your risk of cancer and other chronic diseases. Think color: red, orange/yellow, green, blue/purple, white/tan/brown.
True or False
7. _____ and _____ fruits and vegetables contain antioxidants such as vitamin C, as well as carotenoids and bioflavonoids, two phytochemicals that can lower the risk of some cancers and help maintain heart, vision, and immune system health.
8. Green fruits and vegetables benefit bones, teeth, and vision, and they contain potent phytochemicals such as lutein and indoles, currently being studied for their potential antioxidant benefits.
True or False
9. White, tan and brown fruits and vegetables help maintain cholesterol levels and heart health, and also contain phytochemicals, including allicin, found in the onion family. Some examples include: Bananas, Ginger, Brown pears, Potatoes (white fleshed), Cauliflower, Jicama, Turnips, Dates, Mushrooms, White Nectarines, _____, _____, and White peaches
10. Blue and purple fruits and vegetables contain the health-promoting phytochemicals anthocyanins and phenolics, which are important for their _____, anti-aging, memory function, and urinary tract benefits.



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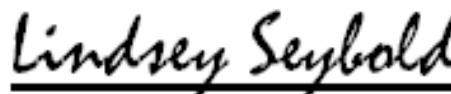
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A SELF-INSTRUCTIONAL COURSE

(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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