

# Healthier Holidays

Post Test – December 2016

**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 a few ways to create healthier holiday foods and why it is important.

1. While it is perfectly okay to enjoy a few holiday favorites, a diet that is regularly high in fat and sugar can contribute to chronic diseases including obesity, heart disease, and diabetes.  
True or False
2. Instead of potato chips and dip, go for tortilla chips and salsa. Salsa contains just 10 calories for 2 tablespoons (vs. 60 in onion dip), zero grams of fat, and a serving of \_\_\_\_\_!
3. Jellied cranberry sauce is canned cranberry sauce made from cranberries, high fructose corn syrup, syrup, and juice.  
True or False
4. The sweet potato is a nutrient-packed vegetable and a good source of potassium, fiber, and vitamin A.  
True or False
5. Hummus is a Greek dip made from tahini oil, a source of \_\_\_\_\_ healthy fat. Hummus also pairs well with vegetables like carrots, celery, and broccoli!
6. Instead of chocolate candies, serve yourself a fruit plate and drizzle on some chocolate sauce for the chocolate flavor along with a bonus of vitamins, minerals, and \_\_\_\_\_.
7. Pies are usually only served a few times per year, so rather than turning down pie, opt for an “open-faced” pie, or a pie made with \_\_\_\_\_ crust rather than \_\_\_\_\_. The piecrust is an easy source of extra calories and fat, so cutting out one crust can save you calories and fat without skipping flavor.
8. Dark chocolate has been shown to contain antioxidants, which help prevent damage to cells..  
True or False
9. Instead of green bean casserole, try roasting green beans with \_\_\_\_\_ oil and sesame seeds, both sources of heart-healthy fat and packed with flavor.
10. If you and your family are baking cookies together, there are many simple substitutions you can make for healthier desserts such as swapping white flour for wheat, oil for applesauce, sugar for vanilla extract, and even eggs for \_\_\_\_\_.



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is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

**December 2016: Healthier Holidays**

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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