

February Newsletter:

8 Fun Ideas To Get Your Kids To Eat Their Veggies

Post Test / February 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 new ways to integrate vegetables into their childcare menus.

1. Keep serving vegetables at your children's meals and sooner or later they will start to develop a _____ for vegetables.
2. Kids will be too busy spelling words, or identifying the shape to notice all the veggies they are eating in the soup.
True or False
3. If you can't make them eat it, make them drink it.
True or False
4. Pulverize veggies in a juicer or extra strength blender so your kids can still get some of the vegetable _____ as well as the fresh juice with _____ and minerals.
5. Many kids who don't care much for _____ vegetables will eat them up if they can _____ them.
6. Offer raw vegetables in different colors and shapes and encourage them to make a vegetable collage on their plate.
True or False
7. Offering children some choices of salad dressing might help them eat veggies in salads.
True or False
8. Make a cold vegetable pizza by starting out with a can of _____ and topping with a mixture of raw veggies.
9. Kids will try just about anything if they made it.
True or False
10. Hide the vegetables in other food by cooking some _____ with the _____ and mashed them right in there.



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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

February 2010: 8 Fun Ideas To Get Your Kids To Eat Their Veggies

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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