

Eating on the Run

Post Test - February 2012

**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 hazards of eating on the run and how to create better food choices for his/her family.

1. When something's got to give in a hectic schedule, it's often family meals.
True or False
2. When everyone is eating on the run or the kids are having some of their meals or snacks away from home (eg, at a child care center, at friends' homes), that's when healthy foods can give way to the _____, higher fat, higher calorie choices.
3. Plan ahead for those times when you know you're going to be busy. But never spend time on the weekend preparing meals for the upcoming weekdays.
True or False
4. Sit together at the _____ for meals as a family whenever possible to eat and talk together.
5. Discuss how the family can _____ eating out at fast-food restaurants.
6. You can precook _____ or have your child's favorite cold cereal already in the bowl and the fresh fruit sliced and ready to go at the crack of dawn.
7. Keep things _____. You don't have to cook an elaborate dinner every night. The key is to make good nutritional choices, no matter how simple or extravagant the meal is.
8. When your child spends time at friends' homes, why not call the parents of your youngster's friends and offer to send over healthy foods or snacks for all the kids? Turkey sandwiches or apples may keep your child from grabbing higher fat choices that her friends might otherwise offer.
True or False
9. If the menu at your child's school relies too often on cheeseburgers and french fries, your child needs to bring her own meals and snacks from home. But you shouldn't talk to the school about improving the nutritional choices.
True or False
10. Don't forget about the school _____, either; if they're weighed down with unhealthy options, you and other parents should lobby for an improvement in the available selections.



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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 2012: Eating on the Run

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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