

# Feeding Vegetarian and Vegan Kids

Post Test – February 2013

**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 how to best feed vegetarian and vegan children to keep them healthy.

1. Well-planned vegetarian and vegan eating patterns are healthy for infants and toddlers as well as older children.  
True or False
2. Cow's milk, soymilk, rice milk and homemade formulas are not appropriate for babies during the first year because they have the wrong \_\_\_\_\_ of protein, fat and carbohydrate.
3. These are the amino acids that our body cannot produce, and which must be consumed over the course of the day to complete our protein intake. We now know that various proteins can be consumed over the course of a whole day for an optimal amino acid profile.  
True or False
4. Babies need plenty of protein for rapid growth during the first year. Protein needs can be met with breast milk or formula until about 8 months. After that, add plant proteins from beans and cereals and fortified soy milks. \_\_\_\_\_ toddlers can get protein from yogurt and eggs.
5. Nuts, dried beans and whole grains are examples of some plant foods that add \_\_\_\_\_ amino acids to our total intake.
6. The iron content of breast milk is low, even if moms are eating well.  
True or False
7. In addition to dairy products, other \_\_\_\_\_ containing options include green leafy vegetables such as collard greens, kale, mustard greens, bok choy and broccoli.
8. \_\_\_\_\_ provide a nice dose of heart healthy fats, essential fatty acids, iron and other trace minerals, and certain B vitamins.
9. Pairing plant sources rich in iron with good sources of vitamins C like orange juice, grapefruit and tomatoes will \_\_\_\_\_ plant iron absorption.
10. Lots of fiber can fill toddlers up quickly. Provide frequent meals and snacks. Use some refined grains, such as fortified cereals, breads and pasta, and higher-fat plant foods like sunflower butter and avocados to help vegetarian children meet their energy and nutrient needs.  
True or False



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## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

### **February 2013: Feeding Vegetarian and Vegan Kids**

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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