

# Let's Move! Childcare Questions and Answers Part 1

Post Test – February 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 the a few common concerns about the program and helpful hints to address the questions.

1. Buying fresh fruits and veggies when they're in season can be a cheaper option to serve better foods.  
True or False
2. Also buying from your local area (instead of picking up produce that's imported or shipped cross-country), can cut back on built-in costs of \_\_\_\_\_ to get the foods to the store.
3. Buying in bulk can increase costs of food. When appropriate, purchasing in bulk is never a good way to save money on food.  
True or False
4. Think about "\_\_\_\_\_ " menus. With cycling, you plan healthy meals for a scheduled period of time, usually about four to six weeks, and then repeat the schedule of menus again.
5. Children might reject some new-to-them foods as many as \_\_\_\_\_ times before accepting them. But the more you keep offering the new, healthy options, the more likely they'll be to eventually accept them.
6. Children often assert their independence through eating, or not eating, what they're offered. So it's easier to serve foods you know they will like and actually eat, without all of the meltdowns and frowns. But what's easiest isn't always what's best.  
True or False
7. One tip to help begin the process of serving healthier foods: Mix it up — serve a \_\_\_\_\_ of nutritious choices.
8. Let children participate in preparing food, if possible. When kids have a hand in helping to make their own foods, they're more likely to try and eat new, nutritious things.  
True or False
9. One awesome way to include the children in their food preparation: Friendship \_\_\_\_\_ salad where every child brings in a whole or cut-up fruit and it all gets mixed together.
10. Another great tip to help kids appreciate healthy foods: Don't use food as a reward or punishment. Avoid forcing children to finish the "healthy foods" to get to their dessert or sweets. That can just make the healthy food seem like punishment and force kids to eat when they're already \_\_\_\_\_.



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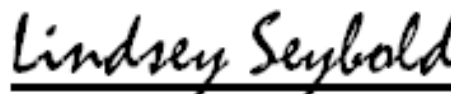
### **February 2014: Let's Move! Childcare Q&A Part 1**

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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