

# ChooseMyPlate.gov for Preschoolers

## Post Test –February 2015

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 new ways to engage preschoolers in nutrition and health as seen on choosemyplate.gov.

1. Use ChooseMyPlate.gov to help your preschooler eat well, be active, and be healthy.  
True or False
2. Explore the website ChooseMyPlate.gov and help your kids complete a growth \_\_\_\_\_ to find out more about normal development.
3. The website can also offer help for picky eaters and food safety rules to follow in the kitchen.  
True or False
4. Getting creative in the kitchen can involve naming a food your child helps \_\_\_\_\_. Make a big deal of serving “Dawn’s Salad” or “Peter’s Sweet Potatoes” for dinner.
5. Encourage your child to \_\_\_\_\_ and help prepare new snacks or sandwiches. For example, make your own trail mixes from dry cereal and dried fruit.
6. More examples of using food for learning: have your child make towers out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.  
True or False
7. Having your preschooler help you in the \_\_\_\_\_ is a good way to get your child to try new foods.
8. Kids feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Children are much less likely to reject foods that they helped make.  
True or False
9. At 2 years old, usually kids can participate by wiping tables and \_\_\_\_\_ veggies and fruits.
10. At 4 years old, kids typically love the increased challenge of new tasks such as cracking eggs, \_\_\_\_\_ ingredients, and setting the table.



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

Sponsor of the

## **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

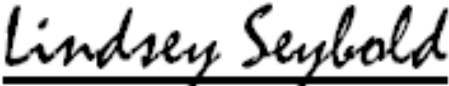
**February 2015: ChooseMyPlate.gov for Preschoolers**

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

SOUTHWEST HUMAN DEVELOPMENT SERVICES  
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