

# 2015-2020 Dietary Guidelines for Americans

## Post Test – February 2016

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 new dietary guidelines for Americans and the importance of healthful eating.

1. While they do not directly impact the Child and Adult Care Food Program (CACFP) meal patterns, the 2015-2020 Dietary Guidelines for Americans is the nation's trusted resource for evidence-based nutrition recommendations and serves to provide the general public, as well as policy makers and health professionals with the information they need to help the public make informed choices about their diets at home, school, work and in their communities.

True or False

2. By focusing on small shifts in what we eat and drink, eating healthy becomes more \_\_\_\_\_.

3. The 8th edition of the Dietary Guidelines recognizes the importance of focusing on individual nutrients or foods in isolation, not on the variety of what people eat and drink—healthy eating patterns as a whole—to bring about lasting improvements in individual and population health.

True or False

4. A lifetime of healthy eating helps to prevent \_\_\_\_\_ diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.

5. The path to improving health through nutrition is to follow a healthy eating pattern that's right for you. Eating patterns are the combination of foods and drinks you eat over time. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and \_\_\_\_\_.

6. A healthy eating pattern includes a variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables.

True or False

7. Healthy eating patterns limit added sugars. Less than 10% of your daily calories should come from added sugars. \_\_\_\_\_ provides more information.

8. Healthy eating patterns limit saturated and trans fats. Less than 10% of your daily calories should come from saturated fats.

True or False

9. Most Americans can benefit from making small \_\_\_\_\_ in their daily eating habits to improve their health over the long run. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a difference in working toward a healthy eating pattern that works for you.

10. Regular physical \_\_\_\_\_ is one of the most important things individuals can do to improve their health.



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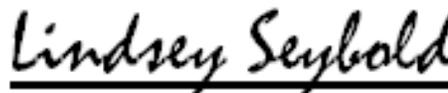
### **February 2016: 2015-2020 Dietary Guidelines for Americans**

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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