

Keeping a Healthy Heart

Post- Test February 2017

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, having a better understanding of how to prevent heart disease and living a healthier life.

1. List two of the three ways we can prevent heart disease on a daily basis.

2. Plaque in the heart can cause build-up in the arteries, which could lead to more serious heart conditions.

True or False?

3. How many minutes of exercise does the American Heart Association recommend children have on a daily basis?

4. Chest pain and shortness of breath can be a sign of a heart attack.

True or False?

5. What type of food in a diet should be avoided for a healthy heart?

6. What should a healthy adult's blood pressure be?

_____/_____

7. Smoking, as well as second hand smoke, can be a contributing factor to heart disease.

True or False?

8. What month is known as "American Heart Month"?

9. Heart disease is the leading cause of deaths in adult men and women.

True or False?

10. How many minutes of exercise per week does the American Heart association suggest for an adult to have for a healthier heart and life?



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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 2017: Keeping a Healthy Heart

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 _____

Kelsey Garrett

Kelsey Garrett

Program Coordinator

Southwest Human
Development Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES

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