

January Newsletter: Homemade Baby Food Post Test / January 2010

*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 benefits of homemade baby food and how to easily make it.

1. Wait _____ days before moving on to the next new food to identify any possible allergic reaction.
2. Serve the food no warmer than body temperature.
True or False
3. Use seasonings. Despite the tradition of feeding babies bland food, they can tolerate and enjoy different flavors.
True or False
4. _____ also one of the cheapest healthy foods you can buy.
5. While spinach is perhaps the best known of this group, there are many other varieties of leafy greens, including _____, _____, and collard greens.
6. Steam pieces until soft, then chill. "Steaming takes the bite out of broccoli," says Hosenfeld. "And chilled broccoli is sometimes better accepted by babies. It can also be soothing during teething."
True or False
7. The deep, brilliant blue of these _____ comes from flavonoids called anthocyanins, which are good for your baby's eyes, brain, and even urinary tract
8. The fat composition of avacados is somewhat similar to that of breast milk
True or False
9. Prunes have lots of fiber and can help relieve constipation – which, notes Brown, your baby may experience after you introduce solids.
True or False
10. "I have a 19-month-old daughter who loves _____ sautéed in a pan with seasonings and left out for her to munch," says mom Christina DeLuca.



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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

January 2010 Homemade Baby Food

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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