

# January Newsletter: 10 Ways to Raise Food-Smart Kids

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 10 new ways to help kids recognize healthy food choices.

1. Creating a nutritional home is one of the most important steps you can take to ensure the health of your child.  
True or False
2. To start, help your child develop a \_\_\_\_\_ relationship with \_\_\_\_\_ food.
3. Restrict food. It can have a positive effect on growth and development.  
True or False
4. Keep healthy food at hand. Children will eat what's readily available. Keep fruit in a bowl on the \_\_\_\_\_, not buried in the crisper section of your \_\_\_\_\_.
5. Don't label foods as " \_\_\_\_\_ " or " \_\_\_\_\_ ." Let your child know that lean protein such as turkey and calcium in dairy products give strength to their sports performance.
6. Praise healthy choices. Give your children a proud smile and tell them how smart they are when they choose healthy foods.  
True or False
7. Never use food as a \_\_\_\_\_. This could create weight problems in later life. Instead, reward your children with something physical and fun – perhaps a trip to the park or a quick game of catch.
8. Don't prepare plates in the kitchen. Your children will not learn to recognize correct portion sizes.  
True or False
9. Give the kids some \_\_\_\_\_. Ask your children to take three bites of all the foods on their plate and give it a grade, such as A, B, C, D, or F. When healthy foods - especially certain vegetables – get high marks, serve them more often. This lets your children participate in decision making.
10. Everything outside of the home is trying to make kids overweight. The minute they walk out of the home, there are people trying to make them eat too much and serving them too much." But the food smarts your children will learn from you can protect them for a lifetime  
True or False



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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

### **January 2011: 10 Ways to Raise Food-Smart Kids**

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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