

Constructive January Resolutions

Post Test – January 2013

**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 healthful nutritional changes for the new year and how to best embrace them.

1. Children rarely look to their parents and caregivers as a role model in nutrition and health.
True or False
2. If you reach for high-calorie foods because they're _____, make sure you have healthy alternatives available. Go grocery shopping at least weekly to stock up on wholesome foods. Keep a list so you have enough for the week.
3. Get the rest you need because sleep deprivation can have hormonal effects on appetite.
True or False
4. List the eating and exercise _____ you'd like to change, and select one to work on. Don't try to change a second habit until the first one has become a habit.
5. Your diet should look like a rainbow with a complement of _____.
6. Try to multitask (reading, watching television, answering emails, driving) while you eat.
True or False
7. The time to stop eating is when you reach "5" on a hunger scale of 1-10, where 1 is famished and 10 stuffed to the gills. Pushing your plate away at a 5 helps you cue into your _____
_____.
8. _____ yourself. The best treats are not food-related. Celebrate your success with a manicure, a trip to see a hot new movie, or whatever feels special to you.
9. Seek _____. Finding an exercise pal or an online diet buddy, especially one with goals similar to yours, is one of the best ways to ensure success. It's easier to get out of bed on those cold mornings when you know someone is counting on you to exercise with them.
10. No matter how committed you are, you will occasionally overeat. Simply accept that these things happen, and get right back on track. Remember that losing weight is more like a slow and steady marathon than a sprint.
True or False



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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

January 2013: Constructive January Resolutions

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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