

# Let's Move! Childcare Strive for 5

Post Test – January 2014

**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 goals for Let's Move! Childcare and how to begin to implement these goals in their childcare.

1. The Let's Move! Childcare is First Lady Michelle Obama's initiative to change the way a generation of kids thinks about food and nutrition.  
True or False
2. There are an estimated 12 \_\_\_\_\_ babies and young children in child care nationwide.
3. One of the Let's Move! Goals: Provide 1-2 hours of physical activity throughout the day, including outside play when possible.  
True or False
4. Another important goal: Provide access to \_\_\_\_\_ during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
5. For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' \_\_\_\_\_ about infant feeding.
6. No screen time for children under 2 years.  
True or False
7. One of the goals involving food: Serve fruits or vegetables at every meal, eat meals \_\_\_\_\_ whenever possible, and don't serve fried foods.
8. Three times more children are obese today than just 30 years ago.  
True or False
9. More and more children are being diagnosed with obesity-related conditions that were traditionally only seen in \_\_\_\_\_ — like type 2 diabetes and high blood pressure.
10. As kids' bodies and brains develop, they can form unhealthy food preferences and habits that are hard to break. Let's Move! Child Care is a nationwide call-to-action that empowers child care providers, like you, to make positive health changes in children, early on, that could last a \_\_\_\_\_.



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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 2014: Let's Move! Childcare Strive for 5**

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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