

Mindful Meals

Post Test – January 2016

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 importance of mindful eating and the potential impact on children's health.

1. We usually do not pay deliberate attention when eating, even when eating our favorite foods.
True or False
2. Brian Wansink, Ph.D., the author of "Mindless Eating," researches how paying only _____ attention to hunger, fullness, and food cues leads to unplanned eating, overeating, and weight gain.
3. Dr. Wansink called this "mindless eating" because people tended to eat on the basis of a small amount of information (like the visual cue of soup in the bowl), instead of the whole picture including hunger, taste, and other factors.
True or False
4. Mindful eating is grounded in all of the _____ information available in the present moment. In addition, it is a conscious choice to eat nutritious foods, in moderation, paying attention to feelings of hunger and satisfaction.
5. Mindful eating is a habit that encourages children to eat less and to stop eating when they are _____, not stuffed.
6. One way to encourage mindful eating in children is to engage them in food preparation and presentation; paying attention to these details increases their investment in the meal.
True or False
7. Turn off the television and other electronic devices that can distract from the dining experience. Mindful eating takes place when people engage in eating and _____ at meal time.
8. Another tip to encourage mindful eating: as you are eating, identify and discuss food flavors (herbs, spices, other flavors), and teach children to pay attention to the aromas and textures of the food.
True or False
9. If children ask for _____, make sure they take a moment to consider if they are really experiencing stomach hunger.
10. Mindful eating can reduce the tendency to _____. Parents can help children eat mindfully when they reduce meal time distractions, encourage a slower eating pace, and increase attention paid to food flavors and textures.



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for completion of 30 minutes of training in

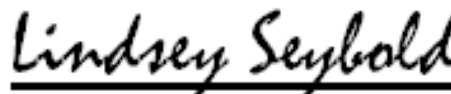
January 2016: Mindful Meals

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
Training Coordinator
Southwest Human Development Services

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