

# July Newsletter: Supplements and Iron in Foods

Post Test / July 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 use of supplements for children and ways to incorporate iron in children's diets.

1. Meals and snacks \_\_\_\_\_ provide all the vitamins and minerals most children need.
2. Foods have nutrients for growing kids that vitamin and mineral supplements do not have.  
True or False
3. Children with a \_\_\_\_\_ and those who are vegetarians might need a vitamin or mineral supplement.
4. Give only the dose directed by your doctor or health care provider. Giving your child more is not better. More can be dangerous!  
True or False
5. Teach your child that supplements are \_\_\_\_\_ – even if the names, shapes, and colors are fun.
6. Iron pills meant for you can be harmful to your child. Even iron supplements for children can be dangerous if they are not taken as directed. Too much iron from a pill can cause serious injury, even death.  
True or False
7. Your child will not get iron poisoning from food.  
True or False
8. Your child needs enough iron to support his or her rapid \_\_\_\_\_.
9. Checking for \_\_\_\_\_ should be part of your child's regular health exam. Not sure? Ask your child's health care provider.
10. Everyone in your family needs iron from food to feel good and stay healthy. Include iron-rich foods in your family meals and snacks.  
True or False

Remember to check page 2 of the newsletter for iron-rich food suggestions and pairings!



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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


### **July 2010: Supplements and Iron in 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

SOUTHWEST HUMAN DEVELOPMENT SERVICES  
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