

Childhood Nutrition: Hey, What's to Eat?

Post Test - July 2011

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 more about the stages of childhood growth and important foods during those times.

- Nearly 1 in 2 children in America is overweight or obese.
True or False
- Breast milk or formula will provide practically every nutrient a baby needs for the _____ of life.
- Toddlers and preschoolers grow in spurts and their appetites come and go in spurts, so they may eat a whole lot one day and then hardly anything the next. It's normal, and as long as you offer them a healthful selection, they will get what they need.
True or False
- The kids may want to stick to the bland, beige, starchy diet (think chicken nuggets, fries, macaroni), but this is really the time to encourage fruits, vegetables, whole grains, and beans, which all provide _____.
- Water makes up more than half of kids' body _____ and is needed to keep all parts of the body functioning properly.
- Babies generally don't need _____ during the first year of life.
- _____ and _____ are also good sources of water.
- The body needs carbs (sugars), fats, and sodium, but should be eaten in moderation, as too much can lead to unneeded weight gain and other health problems.
True or False
- As puberty kicks in, young people need more calories to support the many changes they will experience. Unfortunately, for some, those extra calories come from fast food or "junk" foods with little nutritional value. Some adolescents go the opposite way and restrict calories, fats, or carbs. It is recommended that parents keep an eye on things by being aware of changes in eating patterns and making _____ a priority once or twice a week.
- In addition to more calories and calcium, your child's gender may play a role in whether he or she needs more of a particular nutrient. For instance, teen girls need more _____ than their male counterparts to replace what's lost during menstruation, and males need slightly more _____ than girls.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

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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

July 2011: Childhood Nutrition: Hey, What's to Eat?

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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