

Garden Fresh

Post Test - July 2012

**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 benefits of eating locally grown foods.

1. Fresh, locally grown produce is more _____ rich and tastes better than most fruits and vegetables found at your local grocery store.
2. In some cases, a 5 to 10 day lag between production and consumption can cause a 50 percent decrease in an item's nutritional value, such as a deterioration in its antioxidant, vitamin and mineral content.
True or False
3. Processing, packing, transportation, and storage all serve as outlets for nutritional losses.
True or False
4. Simply put, freshly harvested produce is better for you nutrient wise, plus it tastes better! And when something tastes better, people are more likely to _____ it.
5. Soon you will find that your kids will "want in" on the growing process, which will not only create some family time, but will also provide them with Vitamin D-fulfilling sun exposure, and fun _____. And it will make your kids more eager to be loading the veggies on their plates.
6. The farther food travels, the more energy and gasoline must be used to get the food to your plate. Buying local will save _____ and valuable non-renewable resources.
7. Since the produce was picked the day before, it will last longer in your refrigerator.
True or False
8. While conventional farming practices mono-cropping with limited plant varieties, smaller local farms often grow many different varieties and _____ their crops to provide a long harvest season with an array of different colors and flavors.
9. Well-managed farms conserve fertile soil and clean water in our communities. The farm provides a habitat for wildlife.
True or False
10. Local food connects you to the land through the _____ who grow your food. Talking to the very farmer who grew and picked your food gives you insight into the relationship between the seasons, the land, and your food.



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

July 2012: Garden Fresh

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
A Private, Non-Profit Texas Corporation