

Fiber-Rich Foods for Kids

Post Test – July 2013

**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 fiber in a child's diet and ways to introduce fiber-rich foods.

1. Most kids don't get enough fiber in their daily diet -- and that can lead to a host of digestive problems, the most obvious of which is constipation.
True or False
2. Help kids make their own _____ by putting out bowls of dried fruit, nuts, or seeds along with a higher-fiber cereal, and mixing them up into to-go containers or plastic bags.
3. Many fruits and vegetables are high in fiber --particularly with the skin on. If your child resists them, try making them fun by spearing fruit and veggie slices onto a kebab, or making a face with sliced-up fruits and veggies.
True or False
4. Having trouble getting your child to try that whole-wheat fiber cereal? Try mixing up a couple of _____ cereals with a small amount of one of the less good-for-you options that your child may be drawn to in the cereal aisle.
5. Whole-grain breads or wraps you're using for your kids' sandwiches should have at least _____ grams of fiber per serving. Check the package -- just because it's called 'whole grain,' that doesn't always translate to fiber.
6. In addition to being colorful and sweet, berries with seeds are very high in fiber, and kids usually love them. Perhaps the highest-fiber berry is the little raspberry. Just a quarter cup has about the same amount of fiber as almost an entire apple.
True or False
7. Some kids may not mind, they may even enjoy it, if you stir some high-fiber _____ into their yogurt.
8. If your child starts treating high-fiber bars like candy, don't let them go crazy and go from eating a low-fiber diet to three high-fiber bars a day, because they'll become gassy and uncomfortable.
True or False
9. There are some foods that tend to cause, rather than ease, constipation in children. Two particularly "binding" snacks that are often a big hit among kids are _____ and _____.
10. Another barrier to good digestive health: heavily _____ foods. For good digestive health, minimize your reliance on refined foods like white sugar, white flour, and white breads and pastas.



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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

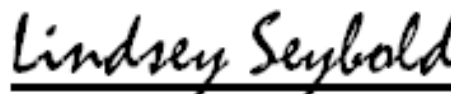
July 2013: Fiber-Rich Foods for Kids

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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