

Celebrate National Salad Week

Post Test – July 2014

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 some ways to turn salad into a full, nutritious meal excellent for growing kids.

1. Dark green leaves are good sources of vitamins A and C, iron, folic acid, and calcium.
True or False
2. Salad greens are easy to grow in the home garden and an important source of vitamins and minerals. Iceberg is the most popular, but many other lettuces and salad greens such as spinach, _____, and romaine can add interest and nutrients to meals.
3. Enhance eye appeal and nutrition by adding colorful fruits and vegetables. Make the flavor pop by adding artichoke hearts, dried fruits, nuts, and/or seeds.
True or False
4. Keep cut fruits, like apples and pears, from turning brown by coating them with an _____ juice such as lemon, orange or pineapple juice.
5. Toss small basil leaves or chopped larger ones in with your greens. Try chopped fresh dill. Add some minced chives or parsley. Herbs boost _____ without increasing calories.
6. Including protein-rich foods helps promote a feeling of fullness after meals and may help you eat fewer calories throughout the day.
True or False
7. Summer is a great time for salads and it's important to store leafy greens at refrigerator temperatures and rinse well under running water before using. To reduce the risk of foodborne illness, observe "use by" dates printed on bagged leafy vegetables and salad mixes and use within _____ days after opening.
8. With a little planning, it's possible to include all of the recommended MyPlate Food Groups in your salad, especially if you count avocados as protein!
True or False
9. Cooked dry beans can count in either the protein or the _____ group.
10. Go easy on the _____ (about 1 to 1-1/2 tablespoons per 2 cups of salad) to keep calories and sugar in check.



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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

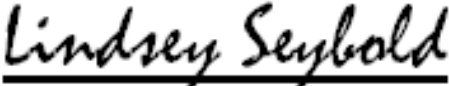
July 2014: Celebrate National Salad Week

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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