

# Healthy Summer Eating

## Post Test – July 2015

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 ideas to keep kids eating healthy this summer.

1. A vicious cycle of poor eating habits typically doesn't lead to weight gain and or a potential for early onset of chronic diseases.  
True or False
2. Sarah Armstrong, MD, a pediatrician at Duke University Medical Center, whose chief concern is pediatric obesity. "Routines go hay wire, and with nothing to do after a few days in the pool, some kids head straight for the refrigerator or snack bar because they think they're hungry when they're actually just \_\_\_\_\_."
3. Studies already show that late nights and sleeping in are known risk factors for weight gain. A shorter night's sleep limits the body's production of leptin, a hormone known to promote satiety. That means kids wake up hungrier, and are quicker to reach for high-carb, calorie rich foods.  
True or False
4. It's okay for your child to stay up a little bit later during the shorter summer nights, but keep on hand late-night snacks rich in \_\_\_\_\_ like creamy, nonfat yogurt, a handful of crunchy roasted nuts or fruit.
5. Kids crave fast food but that doesn't mean it's best. Trade french fries and big macs for picnics at the park or beach. Whatever you choose, "incorporate \_\_\_\_\_ in every meal," Armstrong says. "It releases insulin at a slower rate, and that keeps your blood sugars - and your energy level - constant throughout the day."
6. Check ahead with the summer program where your child will be eating lunch to find out what types of meals and snacks are served. If you don't like what you find out, pack a healthy lunch including lean lunch meats, raw vegetables, or whole wheat crackers.  
True or False
7. Carnivals, fairs, vacations, beaches, they're magnets for candy-coated apples, snowy funnel cakes and slushies. "I would never tell a parent not to give their child cotton candy, but I do tell them to \_\_\_\_\_ the bad with the good."
8. When you're hot and thirsty, keep sweetened fruit juices, teas and sodas to a minimum, and opt instead for thirst-quenching water to make you feel full without the calories.  
True or False
9. Few kids want to run around outdoors in the \_\_\_\_\_ of the day. But find other ways to stay active. Encourage swim races at the pool and playing Manhunt after dusk. If all else fails, turn on the Wii in an air conditioned room.
10. Keep exercise a part of your \_\_\_\_\_ too. Biking, jogging, and signing up for active activities, rather than lazing at the pool or beach, will do everyone's body and brain a whole lot of good.



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](http://www.swhuman.org)

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THIS CERTIFICATE

for completion of 30 minutes of training in


### **July 2015: Healthy Summer Eating**

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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