

June Newsletter: Fresh Fruit and Vegetable Month

Post Test - June 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 how important fruits and vegetables are to growing bodies and how to better integrate them into children's diets.

1. You may be surprised to learn that in the United States french fries is the most common vegetable eaten by kids. Unfortunately, french fries are not a very healthy choice as their main source of vegetables.
True or False
2. Pair vegetables with foods that your child enjoys. Sometimes being a little _____ with the vegetables peaks their interest. Encourage your child to color their plate with vegetables, they come in so many colors and can be cut in different fun _____.
3. Mix up some _____ with their baked potato, noodles or rice; Add _____ to pasta sauces, soups, beans and casserole dishes.
4. Fruit juice makes up about 40% of the average child's fruit intake. Giving fruit juice may seem like an easy way to get your child to get their fruit intake; but, fruit juice is very high in sugar and calories.
True or False
5. Keep some fresh fruit cut up in the refrigerator at eye level and ready for a quick snack and remember to always look for fruit _____ for better prices.
6. Fruit is a tasty _____. But if the kids balk at this, try adding some fruit to their favorite _____.
7. Having the kids plant the _____ and take care of the plant while it grows is a very fun way to help them learn about fruits and vegetables or find _____ farms that let you pick your fruit or vegetable during harvest time. Have them pull or pick the vegetable or fruit! You may be surprised at how interested they will become.
8. Have the kids play some online _____ games that are fun and teach them about healthy choices. Share some fun food facts. The more kids _____ about fruits and vegetables, the more interested they may become in it.
9. Start with just a few changes and allow your family to gradually become used to it. Then add more healthy changes over time so that it doesn't feel like an abrupt change in lifestyle. Habits take time to develop.
True or False
10. Helping kids develop healthy habits and eat healthier foods is the _____ to their overall health. It is definitely worth the effort. And remember, each change does make a difference.



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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

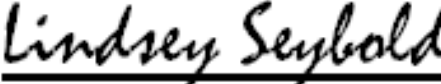
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A SELF-INSTRUCTIONAL COURSE

(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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