

# Healthy Summer Foods For Children

## Post Test - June 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 great ways to keep children healthy and happy during mealtimes this summer.

1. Let them eat sweets. It's really important to treat sweets like any other food.

True or False

2. Make sure they burn off the calories. Pump up their activity that week or that day so they can burn it off.

\_\_\_\_\_ sweet and fatty foods -- so everyone gets a taste, but no one overeats.

3. Be a good role model. Expose kids to healthy foods -- or at least healthier versions of their favorites. If you eat them, your kids will eat them.

True or False

4. \_\_\_\_\_ and tortillas contribute extra fiber, then add your favorite toppings. Done right, you can sneak lots of veggies, protein, calcium, and fiber into a nacho snack.

5. For \_\_\_\_\_ use one-half lean beef and one-half ground turkey. Add a little applesauce or egg white for extra juiciness.

6. Grill skinless chicken breasts and lots of \_\_\_\_\_ -- onions, bell peppers, carrots, squash, eggplant. Brush with a little olive oil then serve them cut up into small pieces -- or with some melted cheese on toasted French bread.

7. The \_\_\_\_\_ on waffles or pancakes can boost the nutrition: natural applesauce, blueberries, sliced banana and strawberries, and a little light syrup.

8. There's no doubt that watermelon is not good for kids. Watermelon is 92% water and 8% sugar, and a favorite sweet treat for kids.

True or False

9. A platter or bowl of other seasonal fruits -- fresh blueberries, strawberries, cherries, peaches, plums -- makes a yummy treat. Or blend frozen fruit into a smoothie!

True or False

10. Introduce kids to fun veggies. \_\_\_\_\_ is fun to eat because you pop out the little soy beans out of the pod. Include edamame on raw veggie platters, along with baby carrots, celery sticks, asparagus tips, cherry tomatoes -- plus nutritious dips like hummus or low-fat yogurt.



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

Sponsor of the

## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

### **June 2012: Healthy Summer Foods For Children**

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

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