

# Developing Healthy Eating Habits

Post Test – June 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 help children develop healthy eating habits and specific phrases that assist in the process.

1. Kids who "ignore" to their own fullness cues stop eating when they feel full and are less likely to become overweight.  
True or False
2. Give your kids a chance to stop eating when they feel \_\_\_\_\_, even if you think they aren't. They'll feel more independent and you'll help them keep a healthy weight.
3. Reward your child with attention and kind words, not food. Show your love with hugs and kisses. Console with hugs and talks.  
True or False
4. Giving your child sweets when they feel \_\_\_\_\_ or as a special treat can teach your child to eat when he or she is not hungry. This may cause your child to ignore body signals of fullness and overeat.
5. Try not to restrict specific foods. If that restricted food becomes available to your child, he or she might eat it despite feeling full. This can lead to a habit of \_\_\_\_\_. Also, don't restrict sweets or other treats as punishment for bad behavior.
6. As the caregiver, you play a big role in child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!  
True or False
7. *If you do not eat one more bite, I will be mad.* Phrases like these teach your child to eat for your \_\_\_\_\_ and love. Try instead: *This is kiwi fruit; it's sweet like a strawberry.* Phrases like these help to point out the sensory qualities of food.
8. *You have to take one more bite before you leave the table.* Phrases like these teach your child to ignore fullness. Try instead: *Is your stomach telling you that you're full?* Phrases like these help your child to recognize when he or she is full.  
True or False
9. *Do you like that? Which one is your favorite?* Phrases like these make your child feel like he or she is making the \_\_\_\_\_. It also shifts the focus toward the taste of food rather than who was right.
10. *No dessert until you eat your vegetables. Stop crying and I will give you a cookie.* Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. Try instead to \_\_\_\_\_ your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.



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for completion of 30 minutes of training in

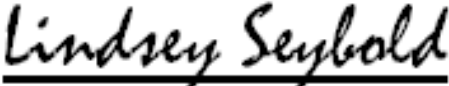
### **June 2014: Developing Healthy Eating Habits**

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  
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Southwest Human Development Services