

# National Dairy Month

Post- Test June 2017 April 2017

**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, having a better understanding of how important dairy is to living a healthy life.

1. What year was there an overabundance of milk?
  - a. 1937
  - b. 1991
  - c. 1965
  - d. 1890
2. List three types of dairy foods  
\_\_\_\_\_
3. Fat soluble vitamins are not stored in the body, but are carried to the tissues.  
**True or False?**
4. What disease, that effects humans bones, does dairy help to fight against?  
\_\_\_\_\_
5. Studies have shown that dairy can help prevent Type 2 Diabetes.  
**True or False?**
6. Which fat soluble vitamin helps promote bone growth and maintain bone health?
  - a. Calcium
  - b. Riboflavin
  - c. Niacin
  - d. Folate
7. Who decided to dedicate June as “National Dairy Month?”
  - a. The National Farmers Club
  - b. Council of Milk Enthusiasts
  - c. The National Dairy Council
  - d. Cows of America Club
8. How many essential nutrients do dairy products have?  
\_\_\_\_\_
9. Name three benefits dairy has for the body.  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
10. Which is not a water soluble vitamin?
  - a. Vitamin A
  - b. Vitamin D
  - c. Vitamin G
  - d. Vitamin E



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

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## **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 2017: National Dairy Month**  
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 \_\_\_\_\_

*Kelsey Garrett*

Kelsey Garrett  
Program Coordinator  
Southwest Human Development  
Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES  
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