

March Newsletter: Too Much Sugar!

Post Test / March 2010

*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 of the effects of sugar on children and ways to reduce their sugar intake.

1. Sugar _____ our children. It can turn the happiest, calmest, and most collected child into a teary-eyed, angry terror.
2. How do you know if your child is sugar sensitive? Usually the kids really, really want sweet stuff. They want to eat protein.
True or False
3. Mood swings, inability to concentrate, temper tantrums, and the most significant—low self-esteem are all the affects of too much sugar in your child's diet.
True or False
4. If you have an adult who drinks a 12-ounce can of soda (40 grams of sugar), they are having one gram of sugar per four pounds of body weight. But, if you give a can of soda to a 40-pound child, the _____ relationship is very different. For a child that is the equivalent of four cans or a six pack.
5. What does sugar do to kids? The effects are threefold and involve three inter-dependent aspects of their brains and bodies: blood sugar, and _____ and beta-endorphin levels.
6. Blood sugar rises more slowly and reaches lower levels than normal. As result, a greater amount of insulin is released, and sugar is absorbed more quickly into our cells.
True or False
7. By changing diet, these beneficial levels of serotonin can be raised, creating more self-confident, in-control children with a much happier outlook on themselves and the world around them.
True or False
8. Beta-endorphins are strongly associated with _____.
9. Sugar and addiction are strongly linked. And breaking that addiction can be a long and difficult process.
True or False
10. Notice that taking sugar out of the diet is not step one. It is step _____.



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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

March 2010: Too Much Sugar!

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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