

March Newsletter: Summary of the New Dietary Guidelines 2010

Post Test - March 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 the highlights of the new Dietary Guidelines and how to follow them.

1. 2010 Dietary Guidelines for Americans are the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.
True or False
2. Because more than _____ of children and more than _____ of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.
3. The new 2010 Dietary Guidelines for Americans focus on balancing calories with physical activity.
True or False
4. Two examples of ways to balance calories: Enjoy your food but _____ and avoid oversized _____.
5. By adopting the recommendations in the Dietary Guidelines, Americans can live healthier lives and contribute to a lowering of health-care costs, helping to strengthen America's long-term economic competitiveness and overall productivity.
True or False
6. Foods to increase: Make half of your plate _____ and fruit; Also switch to fat-free or low-fat milk.
7. The United States Department of Agriculture and the Department of Health and Human Services have conducted this latest review of the scientific literature, and have developed and issued the 7th edition of the Dietary Guidelines for Americans in a joint effort that is mandated by Congress. The Dietary Guidelines aid policymakers in designing and implementing nutrition-related programs. They also provide education and health professionals, such as nutritionists, dietitians, and health educators with a compilation of the latest science-based recommendations.
True or False
8. The Guidelines form the basis of nutrition education programs, Federal nutrition assistance programs such as school meals programs (including the _____) and Meals on Wheels programs for seniors, and dietary advice provided by health professionals.
9. Foods to Reduce: Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers; Also drink _____ instead of sugary drinks.
10. The Dietary Guidelines, based on the most sound scientific information, provide authoritative advice for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases.
True or False



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for completion of 30 minutes of training in

March 2011: Summary of the New Dietary Guidelines 2010

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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