

Get Your Plate in Shape

Post Test - March 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 the balanced MyPlate plan and ways to improve family meals.

1. USDA's MyPlate is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan.
True or False
2. Eat a variety of _____, especially dark-green, red and orange varieties, as well as beans and peas.
3. Make sure every meal and snack has at least one fruit or vegetable or both.
True or False
4. Check the _____ on food packages to find foods that are made with whole grains.
5. Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less _____ and fewer _____.
6. Eat a _____ of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs.
7. Keep meat and poultry portions lean and limit to _____ ounces per meal.
8. Season foods with salt instead of spices or herbs.
True or False
9. Giancoli recommends cooking more often at home, where you are in control of what is in your food.
True or False
10. Don't forget that exercise _____ healthful eating are crucial to maintaining a healthy lifestyle. Choose activities you _____ like going for a walk with your family, joining a sports team, dancing or playing with your children.



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

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

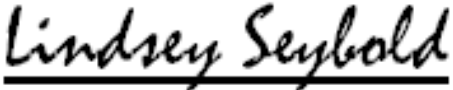
March 2012: Get Your Plate in Shape

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
Training Coordinator
Southwest Human Development Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES
A Private, Non-Profit Texas Corporation