

# Fat, Salt, Sugar: Not all bad

Post Test – March 2013

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**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 benefits and drawbacks of fat, salt, and sugar in children's diets.

1. Forcing children to eat food doesn't work. Neither does forbidding foods. When children think that a food is forbidden by their parents, the food often becomes more desirable.

True or False

2. It's important for both children and adults to be \_\_\_\_\_ and enjoy all foods and beverages, but not to overdo it on any one type of food.

3. Adult goals for cutting back on total fat, saturated fat, trans fat, and cholesterol aren't meant generally for children younger than \_\_\_\_\_ years. Fat is an \_\_\_\_\_ nutrient that supplies the energy, or calories, they need for growth and active play and should not be severely restricted.

4. After age 2 children should be served foods that are lower in fat and saturated fats. Healthier options include more low-fat, low-cholesterol foods like poultry, fish, and lean meat (broiled, baked, or roasted; not fried), and low-fat dairy products.

True or False

5. As a general guideline, fats should make up less than \_\_\_\_\_% of the calories in your child's diet, with no more than about one-third or fewer of those fat calories coming from saturated fat.

6. Some parents find the information about various types of fat confusing. The simplest place to start is merely to reduce the amount of fatty foods of all types in your family's diet.

True or False

7. The habit of using extra salt is an \_\_\_\_\_ one. Thus, as much as possible, serve your child foods low in salt. In the kitchen, minimize the amount of salt you add to food during its preparation, using herbs, spices, or lemon juice instead.

8. Processed foods often contain \_\_\_\_\_ amounts of sodium. Check food labels for levels of sodium in processed foods.

9. Caloric sweeteners range from simple sugars, like fructose and glucose, to common table sugar, molasses, honey, and high fructose corn syrup. Although the main use of sugar is as a sweetener, sugar has other uses. For example, sugar can be used as a \_\_\_\_\_, can change the texture of foods, and can enhance flavors and add \_\_\_\_\_.

10. Research shows that humans are naturally drawn to sweet tastes. However, parents should keep in mind that calories from sugar can quickly add up and over time can lead to weight gain, and sugar also can play a role in the development of tooth decay.

True or False



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](http://www.swhuman.org)

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### **March 2013: Fat, Salt, Sugar: Not all bad**

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(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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