

What Are Nutrients?

Post Test - March 2016

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 importance of nutrients in children's diets and how to provide them.

1. Nutrients are the components of food that are body needs to grow, fight disease, and provide energy to support all the body systems, organs and functions that keep your body healthy and strong.
True or False
2. Foods that are high in nutrients are often called " _____ " foods.
3. Nutrient dense foods are vegetables and fruits.
True or False
4. Other foods are low in nutrients and only supply energy to the body. These are foods high in _____ and/or _____ but have very little, if any, other nutrition. These are foods like cake, candy, soda, and chips.
5. _____ are protein, carbohydrates and fat. Every food is made up some or all of these three macronutrients.
6. When the body has more macronutrients than it needs, it will store it as fat tissue.
True or False
7. Micronutrients, vitamin and minerals, are essential for the body to function properly. They are referred to as micronutrients because the body only needs a _____ amount of them (micrograms and milligrams).
8. Vitamins are substances that the body needs to function properly.
True or False
9. _____ are inorganic elements which are used by the body to make tissues, cells, support enzyme functions, and balance the water and electrochemicals throughout the body.
10. The body _____ make minerals. The body gets the minerals by eating a well-balanced meal with healthy nutrient dense foods from each of the food groups.



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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

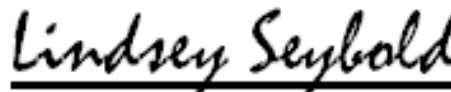
March 2016: What Are Nutrients?

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

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