

National Nutrition Month

Post- Test March 2017

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, having a better understanding of how to read a nutrition label.

1. Who began the promotion of healthy eating with National Nutrition Month?

2. What do you look at first on a Nutrition label?

3. The last three ingredients on a nutrition label are the main ingredients.

True or False?

4. How many calories a day is the daily value based on?

5. Low Calorie is considered less than 30 calories per serving.

True or False?

6. How many grams of protein should you have each day?

7. A product has an excellent source of protein if it has 33% of a daily value.

True or False?

8. Where is the nutrition label found?

9. What is the maximum amount of sugar we should intake per day?

10. What is the first listed component on a nutrition label?



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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 2017: National Nutrition Month

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 _____

Kelsey Garrett

Kelsey Garrett
Program Coordinator
Southwest Human Development
Services