

May Newsletter:

Food Labeling Lookout: Watch for Whole Grains

Post Test / May 2010

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 why it is important to study food packaging and ingredients and how to do it.

1. The food industry knows that our _____ of a food makes us want to buy it!.
2. Label reading is key if you want to know what you are getting, get what you are paying for, and save money.
True or False
3. The new Dietary Guidelines have recommended that 75% or more of the grains we eat each day should be whole (unrefined) grains.
True or False
4. The outside shell or bran, the inside endosperm, and germ contain _____ key vitamins and minerals that are shown to be important for health.
5. The refined grain will be lower in the remaining _____ nutrients that are not added back at all.
6. Made with Whole Grain means there is some whole grain in the product but you don't know how much.
True or False
7. Terms like "made with whole wheat" may be true but look at the ingredient list to see where whole grain appears. It may be that the product has more sugar than it does whole wheat.
True or False
8. Be careful of words that mean it is _____ whole grain such as: enriched flour, unbleached flour, semolina flour, durum flour, rice flour. They sound good but they are not whole grain!
9. When looking for whole grains, the ingredient list is more helpful than the food label.
True or False
10. "Multi-grain" means a _____ of grains but does not necessarily mean that the product contains much or any whole grain.



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

May 2010: Food Labeling Lookout: Watch for Whole Grains

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

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