

May Newsletter: Eggs!

Post Test - May 2011

**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 a variety of nutritional facts about eggs and the benefits they have for growing children.

1. Eggs are inexpensive, convenient and easy to _____ and _____.
2. Eggs are a nutrient-dense food, which means that they provide a high proportion of daily nutrient needs while accounting for a small proportion of daily calorie needs.
True or False
3. Eggs are one of few foods that are natural sources of vitamin D.
True or False
4. The protein found in eggs provides an optimum mixture of _____.
5. An egg's saturated fat content is relatively low compared with its calorie content.
True or False
6. Eggs contain the antioxidant lutein. Getting enough lutein is important for a child's future, since it also may protect against age-related macular degeneration, the leading cause of _____ in the elderly.
7. The yellow portion of an egg, or yolk, contains more vitamins and minerals than the white does. All of the egg's vitamins _____, _____ and _____ and _____ are found in the yolk.
8. An egg white contains less than half of an egg's protein, riboflavin and niacin.
True or False
9. Store eggs in the refrigerator until you are ready to use them — and don't forget to cook them thoroughly!
True or False
10. But don't ruin eggs' nutritional value with extra-fat cooking. Try _____ eggs instead of frying them, or use nonstick pans or extra light virgin olive oil during preparation.



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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

May 2011: Eggs!

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

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