

Healthy Eating on the Run: A Month of Tips

Post Test - May 2012

**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 tips to stay healthy even when eating on the go.

- Remember that children are always watching and learning from your example.
True or False
- Tip #_____ Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
- Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods often but in small portions.
True or False
- Tip #8 Think about your food choices for the entire _____. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
- Tip #12. Boost the _____ in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
- Tip #_____ In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
- Tip #27 Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than _____ hours.
- At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and highfat toppings. Enjoy fresh fruit as your dessert.
True or False
- Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
True or False
- For desk-top dining, keep _____ packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.



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 2012: Healthy Eating on the Run

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

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