

Children's Serving Skills

Post Test – May 2013

**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 children learning to serve themselves and how best to encourage these skills at mealtimes.

1. Children need reminders to look at the person who is passing or receiving the bowl or pitcher. Toddlers can start “passing” bowls to the teacher who is already skilled in looking. Toddlers and even young threes need to be reminded to look.
True or False
2. _____ size of a bowl or pitcher and how much space it will take is a task best learned through trial and error. Children learn how far from the edge to place a bowl, so it does not become imbalanced and fall.
3. Provide utensils that are balanced, heavy, and have long handles that are small enough for young children’s hands to grasp all the way around.
True or False
4. Teachers help by eating with children, modeling _____ give and take, and suggesting words to use when asking for foods.
5. Match the skills the children have for _____, the number of children at the table, and the number of serving bowls.
6. Consider putting small amounts of food in pitchers and bowls and increasing the amounts as the child gets more skilled.
True or False
7. Help children learn to spoon food from a serving dish without using their fingers to _____ food in the bowls. Provide appropriate child friendly utensils and bowls with rounded sides that offer space to push food with the utensil against the rounded sides of the bowl.
8. To help children learn to judge amounts for pouring and scooping, try offering pouring and scooping activities at the sand or water table. Set out some pitchers and cups and glasses with water for a small group time. These non-food pouring/scooping activities give children practice.
True or False
9. Children can learn the difference between serving utensils and personal eating utensils. This skill is combined with the skill of delaying eating until they have switched hands from the serving utensils to their own spoon or fork. Make a definite and obvious difference in the _____ of the utensils they eat with and that of the serving utensils.
10. Children learn to keep themselves and others safe from cross contamination. This task includes using _____ instead of licking their hands, using only their own plates and flatware, and keeping their food on their plates.



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

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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

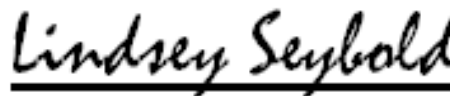
May 2013: Children's Serving Skills

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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