

How to Fight Lead Exposure with Nutrition

Post Test – May 2016

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 nutrition helpful to combatting exposure to lead.

1. If exposed to lead, eating a healthy diet can help reduce its absorption by the body.
True or False
2. Infants and children are at a _____ risk because they absorb lead more quickly than adults, in addition to being more likely to put non-food items that might contain lead in their mouth.
3. Lead is least likely to be consumed as lead-based paint in and outside the home — peels, chips or cracks — and ends up being consumed because it is on toys or other surfaces that kids put in their mouth.
True or False
4. To minimize lead exposure, always wash your hands and ensure children _____ their hands with uncontaminated water before eating.
5. Use an NSF-certified filter on your faucet for drinking water, food preparation and cooking, and be sure to change the filter cartridge by the date printed on the package. Boiling water _____
_____ reduce the presence of lead.
6. Get your home tested for lead if it was built before 1978.
True or False
7. Follow the 2015 _____ Guidelines to include a variety of vegetables, fruits, whole grains, lean protein and low-fat or fat-free dairy to reduce the risk of lead absorption. When there is healthy food in the body, it is more difficult for lead to be absorbed.
8. Some examples of calcium rich foods include green leafy vegetables, spinach, kale and turnip, mustard and collard greens.
True or False
9. Foods rich in iron include dried fruit, such as raisins and prunes as well as beans and _____.
10. Citrus and other fruits such as kiwi, strawberries and _____ are rich in Vitamin C.



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

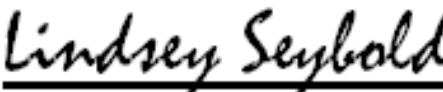
May 2016: How to Fight Lead Exposure with Nutrition

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