

“National Beef Month”

Post- Test May 2017

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, you will have a better understanding of the benefits of red meats and beef in proportional and healthy amounts.

1. What month is national beef month?

2. Name three health benefits from beef.

3. The seasoning Rosemary can help _____.
 - a. Promote healthy eyesight
 - b. Helps with weight loss
 - c. Prevents sore muscles
4. Iron is efficiently absorbed in the body.
True or False?
5. What fat is beneficial to the body, because it is naturally occurring and is not processed.
 - a. Transfat
 - b. Cisfat
 - c. Ruminant fat
 - d. Ruminant Transfat
6. Which vitamin can help prevent heart disease?

7. Anti- oxidants help fight off cancerous forming cells in the body.
True or False?
8. What disease is beef most commonly associated with?

9. Which of these does Ginger do within the body?
 - a. Helps hair grow more quickly
 - b. Gives your fresh smelling breath
 - c. Soothes muscle pains
 - d. Helps you sleep better at night
10. Which vitamin found in beef is naturally made in the human body?



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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 2017: National Beef Month

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 _____

Kelsey Garrett

Kelsey Garrett
Program Coordinator
Southwest Human Development
Services

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