

November Newsletter:  
Nutrition Basics: Vitamins, Minerals, and Fiber (Part 5 of 5)  
Post Test / November 2009

*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 function of vitamins, minerals, and fiber in the body and good ways to include them in the diet.

1. Vitamins, minerals, as well as fiber are absorbed by the body from the foods we eat.  
True or False
2. B vitamins in \_\_\_\_\_ vegetables help the body make protein and energy.
3. Some fat-soluble vitamins stay stored for a few days, some for up to 6 months.  
True or False
4. Vitamins are very sensitive to temperature and \_\_\_\_\_ so be sure to serve some \_\_\_\_\_ or lightly cooked fruits and vegetables daily.
5. The body needs trace minerals in very small amounts. Calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur are trace minerals.  
True or False
6. Too little calcium — especially in \_\_\_\_\_ — can lead to weaker bones.
7. Natural forms of minerals found in foods are easiest to absorb into the body  
True or False
8. Fiber is not actually absorbed into the bloodstream and body tissues.  
True or False
9. Fiber is beneficial because it's filling and, therefore, discourages overeating — even though it adds no \_\_\_\_\_.
10. Keep offering a variety of foods that are good sources of fiber — fruits like pears and \_\_\_\_\_, vegetables like beans and \_\_\_\_\_, and whole-grain breakfast cereals and breads.



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

Sponsor of the

## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

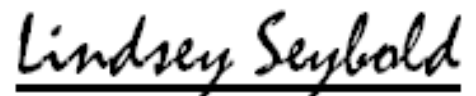
### **November 2009 Newsletter & Nutrition Basics: Vitamins, Minerals, and Fiber (Part 5 of 5)**

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