

November Newsletter: Super Foods!

Post Test / November 2010

*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 nutritional benefits of sweet potatoes and pomegranates and some ways to prepare them.

1. Simply prepared—mashed, _____, folded into pancakes, or made into guilt-free baked fries—sweet potatoes are a nourishing addition to any meal.
2. A sweet potato's orange flesh is a giveaway that these root vegetables are bursting with carotenoids. Carotenoids are a type of antioxidant—a naturally occurring chemical that prevents cells from being damaged.
True or False
3. You may have heard there's a difference between sweet potatoes and yams. This is true. The difference is sweet potatoes are a _____ vegetable, whereas yams are _____—a thickened part of the stem.
4. Sweet potatoes should be _____ and free of bruises or soft spots. Store them in a cool _____ place with adequate air flow.
5. You can substitute sweet potatoes wherever you would use white ones—baked, mashed, turned into home fries (go easy on the oil!).
True or False
6. Pomegranate is a small fruit-bearing plant native to Iran.
True or False
7. Traditionally the fruits and seeds were valued for their _____ use by people from India to the Mediterranean region, and they symbolize abundance, fertility and good luck.
8. Pomegranate in the grocery store is ripe and ready to eat.
True or False
9. The edible parts of the fruit are the _____ and the red seed pulp surrounding them. Pomegranate seeds are a great source of fiber, and the juice contains, vitamin C, potassium, iron, and polyphenol antioxidants.
10. Sprinkle pomegranate seeds on salads, soups and desserts. Enjoy!
True or False



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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

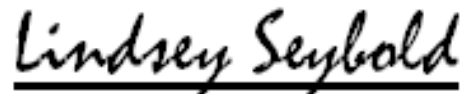
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A SELF-INSTRUCTIONAL COURSE

(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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