

Preventing Food Hassles

Post Test - November 2012

**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 a few new techniques to use to prevent food hassles during meal times.

1. When children learn positive eating habits at a young age, they will make healthy food choices as an adult.
True or False
2. Set a good example. The best predictor of a child with a healthy weight and lifestyle is parents with a healthy weight who make wise food choices and _____ regularly.
3. Give your children a 5-minute warning before mealtime. A 5-minute warning will give your children a moment to calm down, wash their hands, and get ready to eat. Encouraging your children to wash their hands thoroughly before meals will help prevent foodborne illness.
True or False
4. Set up mealtime _____. Children who are anxious, excited, or tired may have trouble settling down to eat. Sometimes a simple "food rules" chart on the refrigerator helps to keep things in order.
5. Do not force your children to eat. While parents are the best judges of what children should eat and when, children are the best judges of how much they should eat. Food should be used as nourishment, not as a reward or punishment. In the long run, food _____ or _____ usually create more problems than they solve.
6. Children often use the table as a stage for showing their _____. Sometimes food is not the issue at all. The eating process is just one more way children learn about the world.
7. Your child may go hungry if she won't eat what is served.
True or False
8. If you have a _____, encourage her to eat what she can. If she continues to whine and complain, have her go to her room or sit quietly away from the table until the meal is finished. She can return and finish her meal only if she promises not to complain.
9. If your child will eat only one food or "the great American white foods diet," it may help to offer a variety of foods from all the food groups. Be patient. Eventually your child will move on to other foods.
True or False
10. If the child fears or dislikes new foods, it can be best to _____ eating and enjoyment of new foods yourself by introducing new foods at each meal.



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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


November 2012: Preventing Food Hassles

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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