

Women's Health

Post Test – November 2013

**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 effects adult health choices have on children and important nutrients for women's health.

1. During menopause, women need to consume foods rich in calcium to build peak (maximum) bone mass.
True or False
2. _____ is a progressive condition where there is a loss of bone that leaves those affected more susceptible to fractures.
3. Consuming fewer than 1,500 calories per day, even in attempts to lose weight, can put women at nutritional risk and can result in malnutrition and poor health.
True or False
4. The _____ fat in your daily diet should average no more than 30 percent of your total calories consumed. And saturated fat should be no more than 10 percent of those 30 percent of calories.
5. Reading _____ _____ is one way to begin to identify where and how much fat is in particular food items.
6. Many commercial weight-loss programs can work if they motivate you to decrease the amount of calories you eat or increase the amount of calories you burn each day
True or False
7. A healthy weight loss program should include plans for weight _____ after the loss phase is over and should assist in encouraging healthy lifestyle behaviors such as changing your dietary habits and level of physical activity to enhance the likelihood of permanently adopting good health habits.
8. Women have a greater risk than men of developing osteoporosis.
True or False
9. Women need more of the mineral _____ because they lose an average of 15 to 20 milligrams of iron each month during menstruation.
10. Iron from plant sources are found in peas and beans, spinach and other green leafy vegetables, potatoes, and whole-grain and iron-fortified cereal products. The addition of even relatively small amounts of meat or foods containing _____ substantially increases the total amount of iron absorbed from the entire 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 2013: Women's Health

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

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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