

# Understanding Digestion in Children

## Post Test – November 2015

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 important components to helping children's digestive system function as best as they can.

1. Leading health organizations recommend that both kids and adults should get about 14 grams of fiber for every 2,000 calories they eat.  
True or False
2. That usually means that little ones ages 1-3 should get about \_\_\_\_\_ grams of fiber per day, and kids ages 4-8 should eat around \_\_\_\_\_ grams of fiber daily.
3. Beans of all kinds are great sources of fiber. Try a three-bean chili with kidney beans, black beans, and pinto beans, all of which have at least 16 grams of fiber per serving.  
True or False
4. Any kind of berry with seeds is a great source of fiber. Kids love berries and often gobble them like candy. One of the highest-fiber berries, \_\_\_\_\_, has just as much fiber in a handful as you'll find in a whole apple.
5. Although yogurt isn't necessarily a high-fiber food on its own, it's generally good for digestive health. The Greek yogurts that are popular now are particularly good, high in \_\_\_\_\_ and in proteins.
6. When you get plenty of fiber and not enough fluid, it's like putting superglue in your gut," says Pinkos. "It just makes matters worse. So you need to make sure that your child is drinking plenty of water, plus some milk, during the day."  
True or False
7. Parents may think that they're giving their child a boost with sports drinks and "power beverages," but they're really just sugary drinks like juices, Pinkos adds. "Children should be getting the majority of their fluids from \_\_\_\_\_."
8. "Exercise just helps keep things moving along, as opposed to when you're sitting there," says Pinkos. "Any physical activity will stimulate activity in the gastrointestinal tract and help you to digest your food better."  
True or False
9. When they're exercising or just very busy playing, kids may not want to take a break to go to the bathroom. Especially if they're younger, you may have to make sure that they stick to a regular toilet schedule, since frequently holding in urine and waste can lead to bowel problems and \_\_\_\_\_.
10. Another factor that can play a big role in digestive health, particularly for kids, is \_\_\_\_\_.



Southwest Human Development Services  
P.O. Box 28487 • Austin, Texas 78755-8487  
(512) 467-7916 • Toll Free (800) 369-9082  
Fax (512) 467-1453 • Toll Free (888) 467-1455  
[www.swhuman.org](http://www.swhuman.org)

## **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

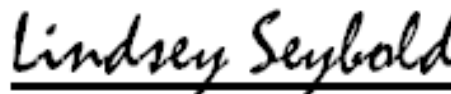
### **November 2015: Understanding Digestion in Children**

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