

Raising Healthy Eaters from Preschool to High School

Post Test – November 2016

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 ways to help kids eat healthily now and develop healthy habits.

1. Food, nutrition and eating skills are among the least important things you can share with children — food to fuel busy, successful lives, nutrition to nourish strong bodies and smart brains, and eating skills to enjoy the social aspect of meals with family and friends.
True or False
2. You can help raise healthy eaters during these critical years by doing your best to serve regular, balanced meals and snacks with a variety of _____-rich foods.
3. Never allow children to use their internal signals to decide how much and what to eat.
True or False
4. Make food safety, including washing _____, a part of every eating occasion.
5. Teach basic skills for making _____ food choices away from home.
6. According to parenting and health experts, family meal times can have important, long-lasting benefits. Eating and talking together helps improve nutrition and promote healthy weight for kids.
True or False
7. If evenings seem too hectic for family dinners, set aside time for a weekend _____ or lunch. After a month or two of this new pattern, you can add another family meal each week.
8. Get kids involved in nutrition and it can happen anywhere: your kitchen, the grocery store or a community garden.
True or False
9. Kids can learn to categorize food into groups: grains, _____, vegetables, milk foods and meat/beans. They can choose new foods that they want to try, such as picking out a new fresh, frozen, canned or dried fruit each trip.
10. Nutrition is just one of many reasons to have a _____. The process of planting, watching over and harvesting a garden provides daily opportunities for children to learn valuable lessons and enjoy physical activity, while reaping the fruits (and vegetables) of their labor.



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

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

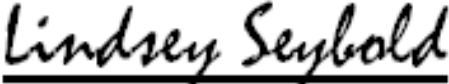
November 2016: Raising Healthy Eaters from Preschool to High School

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

SOUTHWEST HUMAN DEVELOPMENT SERVICES
A Private, Non-Profit Texas Corporation