

# October Newsletter: Nutrition Basics: Fats Part 4 of 5

## Post Test / October 2009

*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 function of fats in the body and healthy fat choices.

1. The body uses fat as fuel but if the fats eaten aren't burned as energy or used as building blocks, they're stored by the body in fat cells.  
True or False
2. Kids get fat from whole-\_\_\_\_\_ products and high-fat \_\_\_\_\_, such as bacon, hot dogs, and non lean red meat.
3. Fat is an important part of a healthy diet when kids eat the right kinds in recommended amounts.  
True or False
4. Vitamins A, D, E, and K are fat soluble, meaning they can only be absorbed if there's fat in a person's diet.  
True or False
5. Fats are the building blocks of \_\_\_\_\_.
6. \_\_\_\_\_ fats, often found in plant foods and fish, are seen as neutral or even beneficial to heart health.
7. Manufacturers often refer to trans fats as "hydrogenated" or "partially hydrogenated" oils on the ingredient list.  
True or False
8. For young kids, especially, \_\_\_\_\_ and \_\_\_\_\_ play important roles in brain development.
9. Beware of reduced fat and low-fat claims. These products often have more sugar added and just as many calories.  
True or False
10. When dining out, help kids make \_\_\_\_\_ choices that don't include large amounts of fat. For example, make a green salad part of the order and use low-fat dressing on the side. Encourage choosing mustard instead of mayonnaise on sandwiches. Choose baked, grilled, or steamed dishes rather than fried. Limit visits to \_\_\_\_\_ restaurants.



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THIS CERTIFICATE

for completion of 30 minutes of training in

### **October 2009 Newsletter & Nutrition Basics: Fats (Pt 4 of 5)**

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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