

October Newsletter: Tips to Keep Kids Fit

Post Test / October 2010

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You do not need to send it in to our office or the State.*

Learning Objective: After reading the newsletter, the provider understands nutritional and physically active methods to keep children fit.

1. Approximately 32 percent of American children are obese, and 16 percent are overweight, according to research published in the Journal of the American Medical Association.

True or False

2. Studies show that obesity in children and teens can be a predictor of not only a person's weight later in life, but also overall _____ and longevity.

3. Having family meals together helps adolescents eat more fruits, vegetables, and _____ and fewer fatty foods and soft drinks.

4. Make favorite dishes healthier by sneaking extra veggies into tomato sauces, or use green peppers and broccoli as _____.

5. Ice cream, cake, candy, and cookies should be limited to special occasions like birthday parties, holidays, amusement park trips, and other infrequent occurrences or celebrations.

True or False

6. With gym classes being cut across the nation – Texas public high schools now only require a single semester of physical education – it's more important than ever to encourage fitness at home.

True or False

7. Francesca Meccariello, volunteer for Concrete Safari, a non-profit after-school exercise program in New York City, suggests skipping, crawling, playing tag, and jumping for children ____ to ____ years old.

8. Studies have found no direct correlation between the number of hours of television that children watch and their risk of obesity.

True or False

9. Chores count as exercise, too. Making the bed, mowing the lawn, and raking leaves all count as _____.

10. If your child's school doesn't offer extracurricular or organized team sports, search out programs like Concrete Jungle, Girls on the Run (a running program for pre-teen girls), or classes at the local YMCA..

True or False



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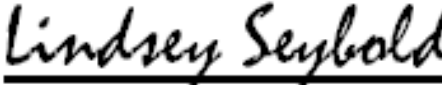
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A SELF-INSTRUCTIONAL COURSE

(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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