

October is National Farm to School Month

Post Test – October 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 what farm to school month is as well as the benefits it provides for children in their area.

1. In 2013, Congress approved a resolution to officially designate October as National Farm to School Month. The passage of House Resolution 1655 demonstrated the growing importance of Farm to School programs as a means to improve child nutrition, support local economies and educate children about the origins of food.
True or False
2. Farm to school is broadly defined as any _____ that connects schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.
3. Farm to school programs exist in all 50 states, but since farm to school is a grassroots movement, programs are as diverse as the communities that build them.
True or False
4. Farm to school programs are based on the premise that students will choose healthier foods, including more fruits and vegetables, if products are fresh, locally grown, and picked at the _____ of their flavor and if those choices are reinforced with educational activities.
5. Farm to school programs exist in all 50 states, so support and _____ are available no matter where you are.
6. You have to be a cafeteria manager or school board member to get involved in farm to school programs.
True or False
7. Many farm to school programs begin with a small _____ that generates interest and engages the whole community.
8. A few suggestions to begin farm to school programs in your area: Plan nutrition education activities, such as Harvest of the Month, featuring a local food product that is in season.
True or False
9. Start a farm - classroom _____ . Many schools don't have the money for farm field trips, but stories and photos from the farm are the next best thing.
10. _____ with seasonal products as much as possible. Find out what products are grown in your region and when. Most State Departments of Agriculture or Buy Fresh Buy Local chapters can provide you with a regional crop calendar.



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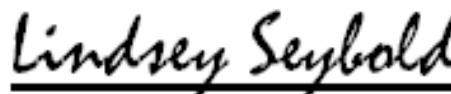
October 2013: National Farm to School Month

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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