

Easy Ways to Help Your Kids Eat Healthier, Part 2

Post Test – October 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 importance of healthy eating for kids and a few ways to help kids learn about healthy eating.

1. Toddlers can be introduced to new tastes and textures as they transition from baby food to “real” food. Keep in mind that toddlers have very small stomachs. It may be better to feed them 5-6 small meals a day, rather than three large ones.
True or False
2. It is perfectly normal for your child to be ravenous one day and shun food the next. Don’t worry if your child’s diet isn’t up to par _____—as long as he or she seems satisfied and is getting a well-rounded diet.
3. The American Heart Association recommends that sugar intake for children is limited to 10 teaspoons (12 grams) a day. Cutting back on candy and cookies is only part of the solution. Large amounts of added sugar can also be hidden in foods such as bread, canned soups and vegetables, frozen dinners, ketchup, and fast food.
True or False
4. _____ becomes a social activity in the school-age stage of life. Your kids probably spend more time in school than they do at home; eat meals at friends’ houses; and adopt eating habits from their peers. It can be difficult to ensure they are getting adequate nutrition when you are not around to monitor their choices, so try to maintain regular family mealtimes.
5. _____ ban sweets entirely. Having a no sweets rule is an invitation for cravings and overindulging when given the chance.
6. Avoid sugary drinks. One 12-oz soda has about 10 teaspoons of sugar in it, more than three times the daily recommended limit for children! Try adding a splash of fruit juice to sparkling water instead.
True or False
7. Opt for fresh or frozen vegetables instead of _____ vegetables to reduce salt intake.
8. Monounsaturated fats are from plant oils like canola oil, peanut oil, and olive oil, as well as avocados, nuts (like almonds, hazelnuts, and pecans), and seeds (such as pumpkin, sesame) while Trans fats, found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils should be avoided.
True or False
9. While childhood obesity doesn’t always lead to obesity in adulthood, it does raise the risks dramatically. The majority of children who are overweight during preschool or elementary school are still overweight as they enter their teens. Addressing weight problems in children requires a coordinated plan of physical _____ and healthy _____.
10. Think of exercise as a _____ group in your kid’s diet. Add physical activity to your child’s day, just as you would add fruit or veggies.



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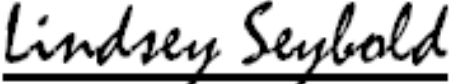
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A SELF-INSTRUCTIONAL COURSE

(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

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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