

Farm Fresh Fridays

Post Test – October 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 the benefits of serving locally grown produce and how to make that happen.

1. The goal of Farm Fresh is to increase Texans' awareness of the vital role agriculture plays in our lives, as agriculture is the key to improving the wellness of Texas communities.
True or False
2. The term "farm to preschool" encompasses efforts to serve local or regionally produced foods in early child care and education settings; provide hands-on learning activities such as gardening, _____, _____, and culinary activities; and integrate food-related education into the curriculum.
3. Serving local foods and offering related hands-on activities can increase children's willingness to try new foods.
True or False
4. With daily opportunities to serve local products through the Child and Adult Care Food Program (CACFP), farm to preschool benefits local and regional farmers, ranchers, and fisherman, as well as food processors, manufacturers, and distributors by providing another market for their products. Incorporating seasonal and locally produced foods is included as a _____ in the CACFP meal pattern final rule.
5. CACFP providers can define " _____ " however they choose. Definitions vary widely depending on the unique geography and climate, as well as the abundance of local food producers, in the region.
6. In many preschool settings, purchasing volumes are small, opening the door to purchasing seasonally from farmers' markets, community supported agriculture programs, or local producers that may not have the volume to meet the needs of a typical school district.
True or False
7. Special events are a great way to start serving local foods. Consider starting with one local item each _____ and grow from there.
8. Find out what grows in your region and allow flexibility in the regular menu cycle to spotlight seasonal items and incorporate them into healthy recipes.
True or False
9. With robust parental involvement during the early child care years, tap into parents to help model healthy eating at meal time, lead an activity, or organize a _____ to enhance your farm to preschool program.
10. Reach out to your local cooperative extension agency or department of agriculture for help with synching your menu with _____ availability.



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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

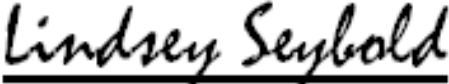
October 2016: Farm Fresh Fridays

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
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