

National Apple Month Quiz

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, you will have a better understanding of the health benefits apples have for your body.

1. What year was "National Apple Month" created and what month?
 - a. 1904, August
 - b. 1928, November
 - c. 1904, October
2. "An Apple a Day keeps the Doctor Away" is accurate for your health.

True or False?
3. What is a disease that apples can help to reduce symptoms of?

4. Apples contain _____, which are known to prevent cancerous cells from forming.
 - a. Anti-oxidants
 - b. Calcium
 - c. Fiber
5. Bacteria can help to increase immunity and good bacteria in the gut.

True or False?
6. When adding apples into your diet daily for one month, what can be lowered in the body and by how much?
 - a. HDL, 40%
 - b. Glucose, 30%
 - c. LDL, 40%
7. Women who are pregnant and eat apples on a regular basis are less likely to give birth to a child that has developed asthma.

True or False?
8. Nutrients in apples can help reduce _____ in older women.
 - a. Bone fractures
 - b. Hair loss
 - c. Wrinkles
9. What disease can be prevented from eating apples?
 - a. Type 2 Diabetes
 - b. Heart Disease
 - c. Types of cancers
 - d. All of the above
10. What month is "National Apple Month?"



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award _____

THIS CERTIFICATE to _____

for the completion of 30 minutes of training in

October 2017: National Apple 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 _____

Kelsey Garrett

Program Coordinator

Southwest Human Development Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES

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