

September Newsletter: Snacks for Toddlers

Post Test / September 2010

*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 unique eating habits of toddlers and some important ways to keep them eating healthily.

1. Some kids at this age may seem too busy _____ the world to slow down and eat.
2. Toddlers need about 1,000 to 1,200 calories a day, and often eat most of it at one sitting.
True or False
3. Boost the intake of nutrients your toddler needs to be healthy by serving fruits, _____, whole grains, protein, and _____-rich foods.
4. Toddlers should be feeding themselves, so think simple, finger-friendly, bite-size foods.
True or False
5. If allowed to graze all day without a schedule, kids may lose the ability to detect their own hunger and fullness, which can make them more likely to _____.
6. Juice — even 100% fruit juice — contains about the same amount of calories as soda.
True or False
7. If your child is a juice fanatic, offer juice rather than fruit, because whole fruits contain important vitamins and fiber.
True or False
8. Offer a few nutritious foods at each snack, then sit back and let your toddler choose _____ and _____ much to eat. Perhaps pair something your child likes with a new food at snack time. Even if the new foods are rejected, continue offering them. Remember that it may take _____ tries before a child is receptive to eating something new.
9. Using sweets as a bribe creates the impression that they're more _____ or _____ than other, more healthy foods.
10. Make sweets the exception rather than the rule and your child won't feel entitled to them or too surprised when you say no.
True or False



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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


September 2010: Snacks for Toddlers

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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