

Eating Disorder Prevention: It's Never Too Young To Start

Post Test - September 2011

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 more about emotional eating and ways to encourage healthy eating habits in children.

1. Children as young as ages 5–7 are aware of the cultural messages regarding body image and dieting. However, many adults are reluctant to discuss these problems with younger ages.
True or False
2. A simple way to discuss emotional eating is to ask children about why they might eat besides being hungry. Surprisingly, children will give answers such as _____, scared, _____, and sad.
3. Another concept is to emphasize that it is wrong to say hurtful things about other people's body sizes. Children can be very creative in their cruelty, so it is helpful to role-play assertive responses to teasing.
True or False
4. It may not be useful to say simply "dieting is dangerous" because children are likely to define danger more _____ (e.g., being hit by a car or bitten by a dog.)
5. Children also see plenty of media references to dieting as a way of life. Emphasize the importance of _____ to your body. Children intuitively grasp these concepts.
6. Rigid food rules or policies that deprive may inadvertently cause children to secretly binge on off-limits foods. By taking the _____ out of junk food, you will also dispel some of its magic and make it less appealing.
7. Educate children about the genetics of body size and the normal changes occurring in the body. Discuss their fears and hopes about growing _____.
8. Try to characterize exercise as a way to stay thin or as compensation for calories eaten.
True or False
9. Since children look to adults to learn how it feels to live in an _____, parents need to demonstrate positive body image or fake it for the sake of their child.
10. E.AT. When at home, always try to Eat At the Table to prevent wayward snacking or overeating.
True or False



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

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 2011: Emotional Eating Prevention: It's Never Too Young To Start

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
A Private, Non-Profit Texas Corporation