

# 10 Tips to Decrease Added Sugars

Post Test - September 2012

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 how to avoid added sugar in children's diets in creative ways.

1. Serve small \_\_\_\_\_: It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.
2. Sip smarter: Soda and other sweet drinks contain a lot of sugar and are high in calories.  
True or False
3. Use the check-out lane that does not display candy: Most grocery stores will have a candy-free check-out lane to help moms out.  
True or False
4. Choose not to offer sweets as \_\_\_\_\_: By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.
5. Make fruit the everyday dessert: Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie \_\_\_\_\_.
6. Make food fun: Sugary foods that are marketed to kids are advertised as "\_\_\_\_\_." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.
7. Encourage kids to eat snacks: Make snacks often for the kids to eat.  
True or False
8. Play detective in the cereal aisle: Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of \_\_\_\_\_.
9. Make treats "treats," not everyday foods: Don't make treat foods an everyday thing.  
True or False
10. If kids don't eat their \_\_\_\_\_, they don't need sweet "extras": Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



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## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

### **September 2012: 10 Tips to Decrease Added Sugars**

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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