

Childhood Obesity Awareness Month

Post Test – September 2013

**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 negative effects of childhood obesity and some ways to help children avoid it.

1. Body mass index (BMI) is calculated using a child's weight and muscle mass.
True or False
2. Since 1980, obesity prevalence among children and adolescents has almost _____.
3. Childhood obesity can have a harmful effect on the body in a variety of ways like an increased risk of impaired glucose tolerance, insulin resistance and type 2 diabetes.
True or False
4. There are a variety of environmental factors that determine whether or not the healthy choice is the easy choice for children and their parents. American society has become characterized by environments that promote increased _____ of less healthy food and physical inactivity.
5. Foods high in total calories, sugars, salt, and fat, and low in nutrients are highly advertised and marketed through _____ targeted to children and adolescents, while advertising for healthier foods is almost nonexistent in comparison.
6. Many communities are built in ways that make it difficult or unsafe to be physically active.
True or False
7. Portion sizes of less healthy foods and beverages have _____ over time in restaurants, grocery stores, and vending machines. Research shows that children eat more without realizing it if they are served larger portions.
8. TV viewing is a contributing factor to childhood obesity because it may take away from the time children spend in physical activities; lead to increased energy intake through snacking and eating meals in front of the TV; and, influence children to make unhealthy food choices through exposure to food advertisements.
True or False
9. Parents and caregivers can help fight the obesity epidemic by following the advice of the American Academy of Pediatrics and limit _____ for kids to no more than 1 to 2 hours of quality programming per day whether at home, school or child care.
10. Parents and caregivers can help fight the obesity epidemic by providing plenty of fruits and vegetables, limiting foods high in fat and sugars, and _____ healthier foods at family meals.



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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

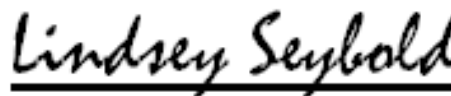
September 2013: Childhood Obesity Awareness Month

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 _____



Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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