

Easy Ways to Help Your Kids Eat Healthier, Part I

Post Test – September 2015

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 importance of healthy eating for kids and a few ways to help kids learn about healthy eating.

1. Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods.
True or False
2. By encouraging healthy eating habits _____, you can make a huge impact on your children's lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults.
3. By encouraging healthy eating habits now, you can make a huge impact on your children's lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults.
True or False
4. Eating _____ cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt.
5. Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and how to read food _____.
6. The childhood impulse to imitate is strong, so it's important you act as a role model for your kids. It's no good asking your child to eat fruit and vegetables while you gorge on potato chips and soda.
True or False
7. Picky eaters are going through a normal developmental stage, exerting control over their environment and expressing concern about trusting the _____.
8. Just as it takes numerous repetitions for advertising to convince an adult consumer to buy, it takes most children 8-10 presentations of a new food before they will openly accept it.
True or False
9. Rather than simply insist your child eat a new food, try the following: Limit _____ . Picky eaters often fill up on liquids instead.
10. To add fruits and veggies to kids' diets: Provide lots of fresh fruit and veggies washed and available as _____. Apples, pears, bananas, grapes, figs, carrot and celery sticks are all easy to eat on the run. Add yogurt, nut butter, or tahini for extra protein.



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for completion of 30 minutes of training in

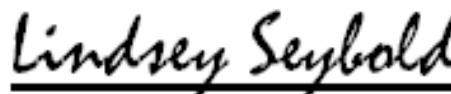
September 2015: Easy Ways to Help Your Kids Eat Healthier, Part 1

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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