

"National Childhood Obesity Awareness Month"

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, you will have a better understanding of the obesity epidemic in today's society and how to prevent children from becoming obese.

1. What are three factors that can cause obesity, but may be harder to avoid?

_____, _____, _____

2. Overweight is defined as a child having a BMI that is greater than the 85th percentile and is less than the 95th percentile.

True or False?

3. How do you properly calculate a BMI?

- Weight (Kg)/ Height (Meters)
- Weight (Lbs.) x age
- Height (Meters) x Weight (Kg)

4. What does BMI mean?

- Body Mass in Inches
- Body Measurements Internationally
- Body Mass Index

5. What percentage of children between 10 and 17 make up obese adolescents?

- 17%
- 24%
- 33%

6. Name three health risks that are typically caused by obesity or poor health due to a poor diet.

_____, _____, _____

7. Obesity can also affect a child's mental health.

True or False?

8. How much exercise should a child between the ages of 5 and 17 have daily of moderate to vigorous activity?

- 20 minutes
- 60 minutes
- 1 ½ hours

9. Depression and anxiety maybe a related health risk caused by obesity in children.

True or False?

10. If a child is in the 95th percentile he is considered _____.

- Obese
- Overweight
- Normal Weight

Post- Test September 2017



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award _____

THIS CERTIFICATE to _____

for the completion of 30 minutes of training in

September 2017: National 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 _____

Kelsey Garrett

Program Coordinator

Southwest Human Development Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES

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