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Turn-Key: Preventing Obesity and Promoting Wellness in Early Childhood Settings

MODULE 3

Lesson Eight – What Children Need to Eat

- 1) Early childhood programs have a significant role promoting healthy food choices for children and families because of the following:
 - a) Young children must do what their teachers tell them to.
 - b) Parents trust the program's staff and are looking to them for guidance and support.
 - c) Young children are very set in their preferences and tastes.
 - d) Programs can mandate what food is provided and what children eat.

- 2) Choose the INCORRECT statement related to supporting infant nutrition:
 - a) Parents should be educated in respectful ways, but should always be supported in the feeding choices they make.
 - b) Programs should provide a welcoming space for breastfeeding.
 - c) There is plenty of evidence that breastfeeding is beneficial, so parents should regularly be discouraged from formula feeding.
 - d) Babies should be supported in recognizing hunger and fullness cues and teachers should learn to look for them.

- 3) The following is an INCORRECT statement related to nutrition for toddlers:
 - a) It is natural for us to share our food preferences with children, so center menus should be planned similarly to personal menus.
 - b) Toddlers are just beginning to formulate their preferences for solid foods.
 - c) Toddlers like to touch and explore food like they do other objects in their environment and that is okay.
 - d) Toddlers' food preferences can be expanded because of their curiosity for exploring and trying new foods presented to them.

- 4) Choose the following CORRECT statement about nutrition for preschoolers:
- a) Children experience growth spurts, but their appetite should not vary significantly from day to day.
 - b) Giving preschoolers food choices empowers them and it is important to provide a variety of healthy foods for children to choose from.
 - c) Parents and teachers are often concerned about HOW a child eats, but they should not worry about WHAT they eat.
 - d) Preschoolers have developed food preferences and are less open than most adults to trying new foods.
- 5) The following My Plate statement is INCORRECT:
- a) Families do not need much nutrition education because food recommendations are basically the same as they have been in the past.
 - b) The 2010 USDA dietary guidelines are intended to promote health and reduce obesity.
 - c) The new My Plate visual aid replaced the food pyramid to make it easier for people to visualize the types and amounts of recommended foods.
 - d) My Plate works well with the Child and Adult Care Food Program.

MODULE 3

Lesson Nine – How Much to Eat

- 1) The slogan Five-Two-One-Almost None encourages educators to:
- a) Incorporate five hours or less of screen time for children who are in group care.
 - b) Eat at least two fruits and vegetables daily.
 - c) Have some simple goals related to awareness of consistent health messaging for children age two and up.
 - d) Begin each week with five positive food messages.
- 2) Choose the INCORRECT statement related to portion sizes:
- a) In family-style dining children should fill their plates themselves and when they have finished, no extra portions should be allowed.
 - b) It is important to recognize portion guidelines, but expect variability in children's hunger daily.
 - c) Developmentally, children will learn how much to eat and what they enjoy. We can trust children to make appropriate choices.
 - d) The appropriate size of a protein serving is about the size of your palm.

- 3) The term 'food deserts' refers to:
- a) The lack of healthy food in desert regions of the world.
 - b) The ways that sophisticated advertising targets children and helps them identify healthy food choices.
 - c) Unhealthy foods that are more available and more affordable than healthy foods in some countries.
 - d) A program to help young children relate to foods grown in deserts, promoting variety in their diets.
- 4) Choose the INCORRECT statement below:
- a) It is important to expose children to a variety of foods that are visually appealing, nutritious, and diverse.
 - b) Preschool children need to know they should eat a lot of different colored food every day.
 - c) Providing choice in foods is a way to work with children's desire for independence and increases success in encouraging them to try new foods.
 - d) The classroom is not an ideal setting for exposing children to new foods; it should happen at home.
- 5) When considering culture related to food it is important to recognize:
- a) Many foods related to certain cultures are too unhealthy to be considered for meals in a school or center, so some cultures should be avoided entirely.
 - b) Every culture has healthy food options within their typical diet and those are good choices to include in school and center menus.
 - c) Healthy food preparation is not something that educators need to work with families on.
 - d) Children and families may not have any cultural food preferences, so teachers should not discuss this.

MODULE 3

Lesson Ten – Making it Work

- 1) When families bring food from home it is a great opportunity to educate them on healthy food choices. The following are related recommendations for teachers EXCEPT:
- a) Provide a list of suggestions for packing healthy lunches at home.
 - b) Have supplementary food for children's lunches to increase the nutrition of meals when they are lacking.
 - c) It is the center's responsibility to ensure that children are getting the nutrition they need to succeed in school.
 - d) Requiring parents to send food that meets dietary guidelines is not necessary so communication about guidelines is not needed.

- 2) Choose the INCORRECT statement below related to the Child and Adult Care Food Program:
- a) The primary mission of CACFP is to provide financial resources so education is a minor emphasis.
 - b) The resources for the CACFP come from the United States Department of Agriculture.
 - c) Four out of the five focuses of the program relate to children.
 - d) The child-based programs included in this program are child care centers, before- and after-school programs, at-risk programs, and emergency shelters and homeless facilities.
- 3) Choose the INCORRECT statement:
- a) Weight is something young children will begin to notice.
 - b) Adults must strive to keep young children from noticing differences in weight.
 - c) Intentional teasing can evolve into bullying.
 - d) Teachers need to work with children to develop a set of simple rules about how friends treat one another.
- 4) Teachers have the power to model good choices so they should:
- a) Be involved in physical activities with children, becoming active themselves.
 - b) Take a “hands- off” approach to nutrition and fitness and refer families to their physicians.
 - c) Point out unkind treatment of other people to children at every opportunity.
 - d) Count calories and follow strict diets so they demonstrate what the ideal weight looks like.
- 5) Choose the following CORRECT statement:
- a) Nutrition and physical activity are not as important as academic skills.
 - b) Teachers should be sure to communicate that nutrition is the families’ responsibility and separate from school curriculum.
 - c) A quality program includes aspects of health and nutrition in its work with children and families.
 - d) Healthy and whole foods are much less expensive than processed foods.