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 in 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 in 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.