

TeachME Professional Development

Nutrition and Wellness Tips for Young Children

Provide Healthy Food and Activity Choices Every Day

1. Helping children learn about healthy food choices and being physically active is extremely important, particularly since studies indicate that about one in five children are overweight or obese by the time they reach their 6th birthday and over half of obese children become overweight at or before age 2.

- A. True
 - B. False
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2. Child care providers have an opportunity to encourage children to develop healthy habits by:

- A. Providing meals and snacks that provide nutrients children need to be healthy, without too much sodium, solid fats, and added sugars
 - B. Lowering the risk of foodborne illness by making sure that the food is safe to eat, and the areas where food is prepared and served are clean
 - C. Allowing an active play that includes more movement and less time in front of a television or computer screen
 - D. All of the above
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Build a Healthy Plate With Fruits

3. Each of the following is an accurate statement about including fruits a child's diet EXCEPT:

- A. Offering fruit is a quick-and-easy way to make meals and snacks healthier and more colorful in addition to providing needed vitamins and minerals
 - B. Consuming fruits aids in promoting proper digestions, helps children feel full, and assists in maintaining a healthy weight by providing dietary fiber
 - C. While most toddlers consume enough fruit, most children 6 years and older do not, so offering different fruits during the week may help to ensure that children are getting enough
 - D. Fruits such as bananas, dried plums, cantaloupe, honeydew melon, nectarines, raspberries, and orange juice should be included as sources of potassium for children
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Build a Healthy Plate With Vegetables

4. Child and Adult Care Food Program (CACFP) guidelines state that because of their high nutrient content, cooked, mature (dry) beans and peas may be considered both as a vegetable and meat alternate and can be credited as both a vegetable and a meat alternate in the same meal.

- A. True**
 - B. False**
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Prepare and Store Safely

5. Food service safety regulations call for cutting away any damaged, bruised, or moldy areas on fresh vegetables before preparing or eating, and storing perishable fresh vegetables in a clean refrigerator at a temperature of 46 degrees F or below.

- A. True**
 - B. False**
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Build a Healthy Plate With Dry Beans and Peas

6. Dry beans and peas are unique foods because they are nutritious, inexpensive, creditable as either a vegetable or a meat alternate, and are great sources of protein, iron, fiber and:

- A. Calcium and magnesium**
 - B. Potassium and beta-carotene**
 - C. Zinc and folate**
 - D. Chromium and iron**
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Meat and Meat Alternatives

7. Most children 2 years and older do not consume enough fish and seafood even though heart-healthy oils from these foods protect children's hearts, brains, and nervous systems.

- A. True**
 - B. False**
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8. Although yogurt and cheese can be credited as a meat alternate, they cannot be substituted for the CACFP fluid milk meal pattern requirement.

- A. True**
 - B. False**
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9. In order to credit soy products as a meat alternate in CACFP, they must have a Child Nutrition (CN) Label or a company-certified product formulation statement.

- A. True**
 - B. False**
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10. Which of the following is NOT recommended as a strategy to get children involved in making and eating healthy meals and snacks?

- A. Offer rewards when children agree to participate in grocery shopping and meal planning, and help to cook healthy foods**
 - B. Put children in charge of making their own choices about healthy food alternatives**
 - C. Cook with children so they can learn about foods and have fun preparing meals**
 - D. Send positive messages home that encourage parents to involve their children in meal planning and preparation**
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11. When preparing and cooking fish, seafood, meat, and poultry, recommendations include:

- A. Thoroughly rinse raw fish, seafood, meat, and poultry before cooking in order to reduce bacteria**
 - B. Defrost these foods on the bottom shelf of the refrigerator overnight rather than thawing at room temperature**
 - C. Examine the food's color and texture, as this is the best way to judge whether it is cooked thoroughly**
 - D. Cook ground beef, pork, veal, or lamb to 150 degrees F; egg dishes to 150 degrees F; and poultry, casseroles, or leftovers to 155 degrees F**
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Build a Healthy Plate With Whole Grains

12. In order to increase the amount of whole grains in children's diets, foods that contain a whole grain as the first ingredient in the ingredient list should be purchased, prepared, and served.

- A. True**
 - B. False**
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13. Nutrition Facts labels provide information about the fiber content of whole-grain foods and those that contain 8% to 14% of the Daily Value are considered good sources, while excellent sources contain 15% or more.

- A. True**
 - B. False**
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14. Grains or breads that have a rich brown color are generally whole-grain foods, and those that are labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually completely whole-grain or close to it.

- A. True**
 - B. False**
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Build a Healthy Plate With Milk

15. "Milk" refers to pasteurized fluid types such as unflavored or flavored whole milk, low-fat milk, fat-free (skim) milk, or cultured buttermilk, which all provide children with nutrients such as protein, calcium, vitamin D, and potassium.

- A. True**
 - B. False**
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16. Whole and reduced-fat milks (2%) contain high amounts of saturated fat, and under USDA's CACFP requirements they must be served to children up to three years of age because the dietary fats are needed for proper growth and development.

- A. True**
 - B. False**
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17. Fat-free or low-fat yogurt and cheese should be offered during meals and snacks since they add variety and can count toward the milk requirement for the CACFP meal pattern.

- A. True**
 - B. False**
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18. While eating foods containing too much sodium may raise blood pressure while consuming foods high in potassium may help lower blood pressure.

- A. True**
 - B. False**
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19. Foods that are low in sodium have less than 140 mg or 5% Daily Value (DV) and have "salt" listed further down the ingredient list.

- A. True**
 - B. False**
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Build a Healthy Plate With Options Low in Solid Fats

20. Compared to solid fats, oils are a healthier option as they are a good source of healthy unsaturated fats and are generally cholesterol-free.

- A. True**
 - B. False**
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21. Each of the following is an accurate statement about making healthy choices about fats EXCEPT:

- A. Fruits or foods that are low in fat such as graham crackers, angel food cake, and plain animal crackers are recommended as an alternative to fatty desserts such as pies, cakes, and cookies**
 - B. Trim away all of the visible fat from meat and poultry before cooking and lower the fat content in recipes by using only fat-free or low-fat milk, yogurt, and cheese**
 - C. Experts recommend choosing butter as a healthier alternative to soft (tub) margarines that are made from liquid vegetable oil**
 - D. Add flavor to foods with lemon or herbs instead of stick margarine, gravy, or cream sauce**
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22. Lean cuts of meat (loin and round), chicken breast, fish, and ground turkey and beef (labeled _____ or higher) is recommended as a healthy alternative to fatty meats.

- A. 75% lean**
 - B. 80% lean**
 - C. 85% lean**
 - D. 90% lean**
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Build a Healthy Plate With Less Added Sugars

23. As an alternative to sweetened breakfast cereals, low-sugar cereals should be chosen that have no more than 10 grams of sugar per serving, according to the Nutrition Facts label.

- A. True**
 - B. False**
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Make Water Available Throughout the Day

24. CACFP standards require providers to make water freely accessible throughout the day, which means each of the following EXCEPT:

- A. Allowing children to access water from a water fountain whenever they are thirsty**
 - B. Having a plastic cup or water bottle labeled with each child's name next to the kitchen sink so that he or she can rinse them out and reuse them**
 - C. Making clean, small pitchers of water and single-use paper cups available in the classrooms and on the playgrounds**
 - D. Allowing children to serve themselves water when they are thirsty, or provide water to a child when he or she requests it**
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25. Young kids can be encouraged to drink water instead of sweetened drinks by making it the only beverage available between meals, by seeing teachers and other role models drink water, and by being told about the health benefits such as good dental hygiene.

- A. True**
 - B. False**
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Practice the Basics of Food Safety to Prevent Foodborne Illness

26. One of the ways to prevent foodborne illness is to use appropriate thermometers (food, oven, refrigerator) to ensure that hot food stays hot, cold food stays cold, and that perishable foods do not remain in the 'danger zone', which is between 50 and 130 degrees.

- A. True**
 - B. False**
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Make Handwashing a Habit

27. Safety guidelines say to wash your hands with warm water and soap, scrubbing all parts of the hands for at least _____ before and after preparing, serving, handling, and eating food, and when handling food, wash your hands when you switch between tasks.

- A. 20 seconds**
 - B. 30 seconds**
 - C. 45 seconds**
 - D. 1 minute**
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Keep it Clean

28. Cutting boards, dishes, utensils, and counter tops should be cleaned with a chemical sanitizer after preparing each food item and before you going on to the next, as washing with soapy water alone is not adequate.

- A. True**
 - B. False**
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Separate

29. Foods that are ready to eat should be separated from those that are raw or that might contain harmful germs, and fruits and vegetables should be kept away from raw meat, poultry, and seafood while buying, storing, or preparing them.

- A. True**
 - B. False**
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30. Which of the following is an accurate statement about chilling and reheating foods?

- A. Keep the refrigerator at 45 degrees F or below and the freezer at 10 degrees F or below, using a thermometer periodically to check temperatures**
 - B. Never leave perishable food out of the refrigerator for more than a total of 3 hours, and if the temperature is over 90 degrees F where the food is out of the refrigerator, it should not be left out more than 1 hour**
 - C. Refrigerate or freeze perishables, prepared food, and leftovers as soon as possible but no longer than 2 hours after purchase, preparation, or serving**
 - D. Reheat all leftovers to a minimum internal temperature of 155 degrees F, and discard perishable food left out more than 3 hours**
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Provide Opportunities for Active Play Every Day

31. Research shows that young children in child care still spend a lot of their time sitting or lying down, but they should not be seated or still for more than 30 minutes at a time, except during meals or naps.

- A. True**
 - B. False**
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32. Every child care program should promote children's active play every day and:

- A. Provide 60 to 90 minutes per day for moderate to vigorous physical activity for toddlers 12 months to 3 years old**
 - B. Provide 90 to 120 minutes per day for moderate to vigorous physical activity for 3 to 6 year olds**
 - C. Vary activities between structured and free play, alternating between moderate and vigorous activities**
 - D. All of the above**
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33. Active play does not have to occur in a single session, but rather may include activities planned throughout the day, preferably in 5-10 minute intervals.

- A. True**
 - B. False**
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34. Adults can encourage children to be physically active by being good role models, creating opportunities for safe and active play indoors and outdoors, and by having an indoor activity planned when the weather is bad.

- A. True**
 - B. False**
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Encourage Active Play and Participate With Children

35. When children participate in active play, they develop their large muscles which is important for movements such as walking, balancing, sitting up straight, kicking, jumping, lifting, reaching, and throwing a ball.

- A. True**
 - B. False**
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Promote Active Play Through Written Policies and Practices

36. Which of the following is NOT one of the components that should be included in active play policies and procedures?

- A. Benefits and duration of active play**
 - B. Setting for play and clothing/footwear recommendations**
 - C. Discipline procedures for inappropriate play or refusal to participate**
 - D. Safety procedures**
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Limit Screen Time

37. Experts recommend that children under 2 years old should have no more than 30 minutes per week of screen time while in child care, including TV/video/DVD viewing or computer use, and for older children screen time should be one hour or less per week.

- A. True**
 - B. False**
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38. TV, DVD, and video game time should be limited because screen time may interfere with sleep, play, and concentration, and will likely interfere with active play time.

- A. True**
 - B. False**
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