

Child Nutrition Post-Test

1. What **THREE** statements below highlight why healthy eating habits are important for children one to four years of age?
 - a. Helps children develop fine motor skills and independence
 - b. Healthy eating habits last a lifetime
 - c. Eating healthy allows children to exercise less
 - d. It is easier to teach young children good eating habits
2. What are **TWO** things parents can learn from MyPlate for Preschoolers?
 - a. Try new foods
 - b. Grow up healthy
 - c. How to reduce physical activity
 - d. Where to buy fruits and vegetables
 - e. Calories in all the foods
3. What should be the parent's response when a one-year-old child wants to spoon-feed himself?
 - a. Punish the child
 - b. Let the child eat with his fingers instead
 - c. Let the child try to feed himself so that he will learn
 - d. Gently take the spoon back and feed the child with it
4. Young children who drink more than 16 ounces of milk per day are more likely:
 - a. To be thinner than children who drink less
 - b. To get more iron
 - c. To also drink more juice
 - d. To feel full at mealtimes and uninterested in eating other nutritious foods
5. Which of the following are characteristic of iron deficiency anemia in children?
 - a. It rarely develops in those with high milk intakes
 - b. It appears more frequently in children four to five years old
 - c. Symptoms include fatigue, irritability, pale appearance and loss of appetite
 - d. It increases brain and nervous system development
6. Which of the following is **NOT** a source of lead poisoning?
 - a. Certain types of glazed pottery
 - b. Old paint before 1978
 - c. Older plastic baby bottles
 - d. Home remedies like Azarcon and Greta

Child Nutrition Post-Test

7. Which of the following is **NOT** a way to prevent lead poisoning?
 - a. Serve snacks on pottery with a lead glaze
 - b. Frequently wash child's hands and toys
 - c. Use only cold tap water for cooking and drinking
 - d. Simple blood test for children under the age of two

8. What is the most common reason that toddlers' appetites decrease?
 - a. They tend to not like to try new foods
 - b. They sleep more hours a day
 - c. They are less active physically
 - d. Their rate of growth slows down after infancy

9. What is the suggested serving size of food to offer children one to three years old?
 - a. Half the serving size of an adult
 - b. One tablespoon of food item for each year of age
 - c. $\frac{1}{4}$ cup of each food item
 - d. Larger servings of meat and vegetables than of fruit, milk or bread

10. Which **TWO** feeding tips promote healthy habits for children?
 - a. Schedule three meals and two snacks per day
 - b. Insist they eat everything on their plate
 - c. Give small portions for new foods
 - d. Let the child eat chocolate all day if that's what they want

11. What are **TWO** ways to help prevent choking in children?
 - a. Remove all bones, pits, and seeds from foods
 - b. Cut hot dogs in circles
 - c. Leave grapes whole so children can hold onto them better
 - d. Serve cheese in one inch squares
 - e. Cut fruits and vegetables in small bite sizes

12. Which **TWO** statements are true about children drinking juice?
 - a. It increases chances of tooth decay
 - b. Juice should be limited to four to six ounces a day
 - c. It helps decrease children's calorie intake
 - d. It is better than eating whole fruits

13. What is the recommendation for preschooler's physical activity?
 - a. Two hours of intense physical activity each day
 - b. No recommendation for this age group
 - c. 60 minutes of play or activity each day with a minimum of 30 minutes of moderately intense physical activity
 - d. 10 to 15 minutes every day

Child Nutrition Post-Test

14. Which of the following practices are recommended that parents try to promote healthy weight in children?
- Serve them more beverages and fewer solid foods
 - Serve them 3 meals per day without dessert
 - Parents decide what, when, and where the child will eat and the child decides how much and whether to eat
 - Do not allow snacks between meals
15. Which **THREE** of the following mealtime tips would be appropriate to share with participants?
- Make the child sit at the table until he/she has cleaned his/her plate
 - Avoid cooking different foods for children at a meal
 - Don't let the child help prepare the meals
 - No food should be forbidden (moderation)
 - Use child sized plates and utensils
16. Which **THREE** guidelines help to avoid the risk of foodborne illnesses?
- Food should be kept at a temperature between 40 degrees and 140 degrees
 - Defrost food in the refrigerator or microwave
 - Reheat leftovers to 120 degrees
 - Use separate cutting boards for meats and other foods
 - Wash hands often under running water for at least 20 seconds
17. Which of the following statements is generally **NOT** true regarding eating behaviors for children one to five years old?
- Most children feed themselves between one and two years old
 - At 12 to 24 months children like eating with their hands
 - Children ages two to three years like all foods offered to them for the first time
 - Four years olds are influenced by their peers
18. Which **THREE** of the following statements about snacks are true?
- They can help children get the nutrients they need
 - They can provide up to 20% of their energy and nutrient needs
 - They will fill children up so they are not hungry for their next meal
 - They should be offered about 2 hours prior to mealtime
19. True or False: Children do not need to see a dentist until about 2 years of age.
- True
 - False

Child Nutrition Post-Test

20. What are **TWO** ways to avoid tooth decay in young children?
- Give sweet drinks in a sippy cup instead of a bottle
 - Brush teeth two times a day
 - Wean a child to a cup at age two
 - Limit candy and other sweets
21. True or False: Refined sugar and food additives cause hyperactivity in children.
- True
 - False
22. True or False: Snacks provide 40% of a child's energy and nutrient requirements.
- True
 - False
23. True or False: Limit juice to 4 to 6 ounces per day.
- True
 - False
24. Which of the following statements is **NOT** true regarding growth in children?
- Growth is most rapid in the first year of life
 - Healthy children come in all shapes and sizes
 - After the first year, growth rate slows to about 5 pounds per year until adolescence
 - Genetics do not determine growth
25. True or false: Caffeine is found in many foods and drinks and can impact a child's ability to fall asleep.
- True
 - False