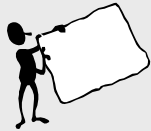


# Family Day Care News

February 2011 - May 2011

*Nutrition Topic: Changes are Coming*

*Training Hours Earned: 1.0*



Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Date Completed

## February 2011

1. The current food program requirements are based on nutrition and health information from 1989. T F
2. List one recommendation from the Institute of Medicine:  
\_\_\_\_\_
3. One study revealed that **40%** of calories that kids consume today are from empty calories (added sugar and solid fat). T F
4. Many foods high in fat and added sugar are approved to serve on the food program. T F
5. The new nutritional guidelines probably will not be approved for awhile. T F
6. Completing this quiz, making a copy and sending it to the ICCB office is **one way** to fulfill your second hour of mandatory training for 2011. T F

## March 2011

1. Serving more whole grains to the children is a change we can count on. T F
2. The 2005 Dietary Guidelines for Americans recommends that that we should "make half our grains whole." T F
3. General Mills, now claims that all of their ready to eat breakfast cereals contain at least 8g of whole grains. T F
4. Studies show that eating whole grains lowers the risk of many chronic diseases. T F
5. List one health benefit of consuming whole grains regularly:  
\_\_\_\_\_
6. Proper nutrition is crucial to maintaining good health. T F

## April 2011

1. Processed meats are generally very high in what two items?  
\_\_\_\_\_ and \_\_\_\_\_
2. It is recommended that we consume less sodium. T F
3. Sodium nitrate is used as a preservative in processed and cured meats. T F
4. Studies suggest that sodium nitrate is perfectly safe for children and adults of all ages. T F
5. One hot dog contains about one-third of the amount of sodium that a 3 year old child should have all day. T F
6. It is perfectly acceptable to not be home during your meal service time frames. T F

## May 2011

1. List two foods that contain saturated fats:  
\_\_\_\_\_
2. List two foods that contain trans fats:  
\_\_\_\_\_
3. Trans fats are considered to be even worse for us than saturated fats. T F
4. What is another name for trans fat?  
\_\_\_\_\_
5. Trans fats are now listed on the Nutrition Facts labels. T F