

Family Day Care News

October 2010 - January 2011

Nutrition Topic: Fit Kids—Happy Kids

Training Hours Earned: 1.0



Name _____ Phone _____

Address _____ City _____ Zip _____

Provider Signature _____

Date Completed _____

October 2010

1. Children today are less fit than children were a generation ago. T F
2. Inactive children weigh less and have lower blood pressure than their active counterparts. T F
3. More than 35% of high school students watch TV for more than three hours each day. T F
4. Inactive children are likely to become inactive adults. T F
5. ICCB must offer two hours of training to providers each year. T F
6. Providers must complete these two hours of training or risk being in non-compliance with the food program. T F
7. List how you will complete your second hour of mandatory training for this fiscal year, 2011.

November 2010

1. Leading an active lifestyle yourself is one way to encourage those in your care to do the same. T F
2. List one benefit of a healthy, active lifestyle:

3. "What do you do?" or "What will you start doing?" to increase your activity level and be more active?

4. All child enrollment forms must be renewed each year. T F
5. You must keep food program records for three years. T F
6. Your food program records include: _____
 - a) menus
 - b) child enrollments
 - c) attendance
 - d) a, b and c

December 2010

1. Preschool children, 2 years and older, should not spend more than two hours a day watching TV or on the computer. T F
2. Children who exceeded the above limit of 2 hours per day of "screen time" were more likely to be overweight. T F
3. Pediatricians recommend no TV for children under 3 years old. T F
4. Turning off the TV gives children more opportunity to be involved in active play. T F
5. Monitors from the Illinois State Board of Education conduct unannounced home visits of ICCB providers. T F
6. List one of the common findings (problems) that these monitors find when they conduct their reviews:

January 2011

1. Toddlers love to move and play! T F
2. Keeping screen time at a minimum is one way to keep children active. T F
3. List one of the activities from the newsletter that you will try with the children to move and have fun doing so:

4. Providers must complete mandatory training requirements or risk being placed under corrective action. T F
5. If not noted on menus, that a school aged child is not in school, reimbursement will be disallowed for am snacks and lunches, if claimed. T F
6. List one way you will start the new year off RIGHT in the food program:
