

**HAPPY MEALTIMES FOR  
HEALTHY CHILDREN**

**2.0 HRS**

**ILLINOIS CHILD CARE BUREAU**

Name \_\_\_\_\_ Phone \_\_\_\_\_

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

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

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

1. Who is responsible for **what** a child eats? \_\_\_\_\_
2. Who is responsible for **how much** a child eats? \_\_\_\_\_
3. Name one job that a caregiver is responsible for in regards to feeding toddlers and older children.  
\_\_\_\_\_
4. In the Trust vs. Mistrust stage, what strategy will you avoid when feeding an infant?  
\_\_\_\_\_
5. What strategy will you avoid in the Autonomy vs. Shame and Doubt stage?  
\_\_\_\_\_
6. Two year olds typically show a sharp \_\_\_\_\_ in their appetites.  
(increase or decrease)
7. Which behavior is acceptable during the Early Childhood stage? \_\_\_\_\_
  - a) Adult scolds children for not cleaning their plates
  - b) Child is scolded for spills.
  - c) Adult accepts child's decision to stop eating when the child says, "I'm full."
  - d) Adult puts more on child's plate than the child can comfortably eat.
8. Check the phrases that will help a child have a successful mealtime:  
 Would you like more?  
 See, that didn't taste so bad, did it?  
 Is your stomach telling you that you're full?  
 You have to take one more bite before you leave the table.  
 Yes, these radishes are crunchy!
9. At what age can children begin experimenting with using a spoon and fork? \_\_\_\_\_
10. True or False  
 It is best to hold the baby on your lap when you first introduce solid foods.  
 Make sure the baby is paying attention to each spoonful before you try to feed it to him.  
 A baby will probably turn his head away from you when he has had enough.  
 Children have huge stomachs and only need one large meal per day.  
 Our early childhood eating experiences have no effect on our eating habits as adults.  
 Eating meals "Family Style" is recommended because of its many benefits.  
 An adult should force an infant to have one more spoonful even if the baby spits it out.  
 A 6 – 12 month old baby has an appetite that is pretty much the same day to day.  
 Young children tend to eat better earlier in the day than at dinnertime.  
 Four and five year olds love to help with mealtime.  
 What adults say at mealtime can be very powerful for good or bad in helping children develop good eating habits.