



# ***Nutrition and Wellness Tips for Young Children***

## **Part 2**

### **At-Home Training**

*ND Growing Futures approved – 1 hour training credit*

Directions: This at-home training is based on the loose leaf book, ***Nutrition and Wellness Tips for Young Children***, published by the USDA. This book was distributed to SENDCAA providers several years ago. If you do not have a print book, you can access and download the digital version of this book from the link on our SENDCAA Child & Adult Care Food Program website. It will be found under the “For our Providers” tab, then under the “At-Home Training” tab.

This training covers the material in the second section, “**Active Play Tips and Supplements**” (red tab of the printed book). Read the tip sheets for each subject and then answer the corresponding questions in the attached quiz. As an alternative, you can complete the on-line quiz, available on our website under “At-Home Training”. The entire quiz must be completed and sent to SENDCAA to earn the training credit.

At the end of each month, providers who have completed the quiz and qualified for training credit will be sent a training certificate. Growing Futures will be notified of the training completion.

This training is only available to participating SENDCAA providers and their child care employees.

Return completed quiz to:

**SENDCAA Child & Adult Care Food Program**  
3233 S. University Drive  
Fargo, ND 58104

Or email to: [sharlao@sendcaa.org](mailto:sharlao@sendcaa.org)



Child & Adult Care  
Food Program



## Nutrition and Wellness Tips for Young Children: Part 2

Name _____	Growing Futures
ID# _____	
Telephone Number _____	
Email _____	

Provider's name, if an employee \_\_\_\_\_

### Provide Opportunities for Active Play Every Day

Structured play is led by children. True or False

What is the time recommendation for moderate to vigorous physical activity for toddlers during an 8 hour day?

What is the time recommendation for moderate to vigorous physical activity for preschoolers during an 8 hour day?

Active play must occur in a single session. True or False

Give one example of a moderate physical activity.

Give one example of a vigorous physical activity.

Please list an active play that children enjoy in your Child Care.

What types of active play opportunities should you offer at your Child Care?

- a.
- b.
- c.

### Encourage Active Play and Participate with Children

Please list specific ways that you will encourage active play every day at your Child Care.

- a.
- b.
- c.

## **Promote Active Play through Written Policies and Practices**

Do you have a written policy for active play at your Child Care? Yes or No

If yes, what is one policy that you have regarding active play?

If no, what would be a policy that you would have regarding active play?

## **Limit Screen Time**

Why is it important to limit screen time for children?

Please list three creative activities children can do on their own while you are accomplishing other tasks.

- a.
- b.
- c.

## **Supplement A: Practice Choking Prevention**

List three ways to serve table foods so they are easy for young children to chew.

- a.
- b.

c.

Children under \_\_\_\_\_ years of age are at the greatest risk of choking.

Cut foods into thin slices or small pieces no longer than one inch to prevent choking. True or False

## Supplement B: Care for Children with Food Allergies

Medication can be taken to prevent food allergies. True or False

A food allergy is a reaction of the body's immune system to a \_\_\_\_\_ in a food called an allergen.

List 4 symptoms of a food allergic reaction.

a.

b.

c.

d.

More than \_\_\_\_\_ foods are known to cause an allergic reaction in some people.

List the top 8 allergens.

1.	2.	3.
4.	5.	6.
7.	8.	

Soaps and Crayons might trigger an allergic reaction. True or False

What is the difference between food allergy and food intolerance?

If a child who is lactose intolerant drinks orange juice, he or she may experience gas and uncomfortable stomach pain. True or False

What three common foods contain gluten:

a.

b.

c.

Some children's voices may become hoarse or squeaky if they are having an allergic reaction. True or False

Cross contamination occurs when an allergen is accidentally transferred from one food or surface to another. True or False

## **Supplement C: Encourage Healthful Foods**

List three ways to encourage children's interest in food.

a.

b.

c.

What are the 4 "P's" to encourage children to try new foods?

a.

b.

c.

d.

How do you teach children about healthful foods in your Child Care?

## **Supplement D: Create a Positive Meal Environment**

What do you do to provide a comfortable and safe place for children to eat in your Child Care?

How do you make a smooth transition to mealtime at your Child Care?

List three tasks children ages 4 to 5 can help with at mealtimes.

a.

b.

c.

What are some specific ways you can create a positive meal environment in your Child Care?

## **Supplement E: Support Family Style Meals**

In family style meal service, food and beverages are passed around the table and children serve themselves. True or False

Please list two benefits to family style meals.

If a child doesn't take the full servings required in the meal pattern during family style dining the Child Care Provider will not receive reimbursement for that meal. True or False

Family style meals provide lots of opportunity for social interaction and conversation. What topics are discussed at your child care that encourages healthy eating?

Do you practice family style dining at your Child Care? Yes or No If no, why not?

