



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

## **Part I – Nutrition Tips**

### **At-Home Training**

*ND Growing Futures approved for 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 "Provider Corner" tab, then under the "Training" tab.

This training covers the material in the first section, "**Nutrition Tips**" (yellow tab of the printed book). Read the tip sheets for each subject and then answer the corresponding questions in the attached quiz. The entire quiz must be completed and sent to SENDCAA to earn the training credit.

Your training will be submitted to Growing Futures within 7 business days after you have submitted the quiz with a 70% or better passing grade. We are no longer issuing certificates for completed training. You can log into Growing Futures and check your profile for your training hours. Go to [www.ndgrowingfutures.org/](http://www.ndgrowingfutures.org/) and choose the "training" tab. All of your training hours will appear, beginning with the most recent.

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)



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# Nutrition and Wellness Tips for Young Children

Name \_\_\_\_\_

Growing Futures ID# \_\_\_\_\_

Telephone no. \_\_\_\_\_

Email \_\_\_\_\_

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

## Build a Healthy Plate with Fruits

1. Potassium is a mineral that can help children maintain a healthy blood pressure. True or False
2. List three fruits that are a good source of Potassium.
  - a.
  - b.
  - c.
3. Fruit juice contains more dietary fiber than whole fruits. True or False
4. A half cup of fresh fruit is equal to \_\_\_\_\_ cup of dried fruit.
5. Produce that will be peeled does not need to be washed before serving. True or False
6. Before opening a can of fruit or vegetables, wash and dry the top of the can. True or False
7. Store perishable fresh fruits in a refrigerator at \_\_\_\_\_ degrees Fahrenheit or below.

## Build a Healthy Plate with Vegetables

1. What are two ways to reduce sodium in vegetable canned foods?
  - a.
  - b.
2. Cooked, mature (dry) beans and peas may be considered both a vegetable and a meat alternate.

True or False
3. Cooked, mature (dry) beans and peas may be considered a vegetable and a meat alternate in the same meal. True or False
4. Fresh, immature beans and peas such as Lima beans, green peas, snap peas and green beans can be served as a meat alternative. True or False
5. List 5 dry beans and peas that are creditable as a vegetable.
  - a.
  - b.
  - c.
  - d.
  - e.
6. The USDA has divided the vegetable group into 5 separate subgroups based on nutrient content. Please list the 5 sub groups.
  - a.
  - b.
  - c.
  - d.
  - e.

## Build a Healthy Plate with Dry Beans and Peas

1. Dry beans and peas are great sources of
  - a.
  - b.
  - c.
  - d.

e.

### **Build a Healthy Plate with Protein**

1. Protein helps children feel full longer. True or False
2. Meat and meat alternates are a good source of what minerals?
  - a.
  - b.
  - c.
3. Yogurt and cheese can be credited as a meat alternate. True or False
4. Cheese can include the word “processed cheese product” on the label to be creditable.  
True or False
5. It is recommended to rinse raw fish, seafood, meat and poultry before cooking. True or False
6. Keep perishable foods out of the “danger zone” of \_\_\_\_\_ to \_\_\_\_\_ degrees Fahrenheit.

### **Build a Healthy Plate with Whole Grains**

1. Grains are divided into two groups of:
  - a.
  - b.
2. Refined grains should be offered more often than whole grains. True or False
3. List 5 whole grain rich foods.
  - a.
  - b.
  - c.
  - d.
  - e.

### **Build a Healthy Plate with Milk**

1. Milk is a good source of protein and Vitamin D. True or False

2. Starting at age 2, children should drink only: \_\_\_\_\_ or \_\_\_\_\_ milk.
3. Store milk and other dairy products in a refrigerator below \_\_\_\_\_ degrees.

### **Build a Healthy Plate with Less Salt and Sodium**

1. Most sodium comes from processed and ready to eat foods? True or False
2. Eating foods containing too much sodium may raise a person's \_\_\_\_\_.
3. Choose foods with sodium less than \_\_\_\_\_ mg or 5% Daily Value.

### **Build a Healthy Plate with Options Low in Solid Fats**

1. List 4 foods that contain Saturated Fats.
  - a.
  - b.
  - c.
  - d.
2. Solid fats from animal sources contain cholesterol. True or False
3. Oils are liquid at room temperature and are generally cholesterol free. True or False
4. Choose foods that are low in saturated fat. A daily value of \_\_\_\_\_ % or less is low.

### **Build a Healthy Plate with Fewer Added Sugars**

1. Added sugars are sugars added to foods during processing, preparation, or at the table.

True or False
2. Added sugars are often called "empty calories" because they add calories to the diet without offering any nutrients. True or False
3. What are the two major sources of added sugars for young children?
  - a.
  - b.
4. List 5 ingredients that are added sugar.
  - a.

- b.
- c.
- d.
- e.

5. Low sugar cereals should have no more than \_\_\_\_\_ grams of sugar per serving.

### **Make Water Available Throughout the Day**

1. List 2 benefits for drinking water.

- a.
- b.

2. CACFP standards require providers to make water freely accessible throughout the day.

True or False

### **Practice the Basics of Food Safety to Prevent Foodborne Illness.**

1. What are the 4 steps to food safety?

- a.
- b.
- c.
- d.

2. Thawing frozen foods at room temperature is the safest way to avoid food borne illness.

True or False

3. Ground beef should be cooked to a temperature of \_\_\_\_\_ degrees Fahrenheit.

4. Insert a clean food thermometer to measure the internal temperature by placing it close to the bone.

True or False

5. The refrigerator should have a temperature of \_\_\_\_\_ degrees Fahrenheit or below.

6. The freezer should have a temperature of \_\_\_\_\_ degrees Fahrenheit or below.

7. Never leave perishable food out of the refrigerator for more than \_\_\_\_\_ hours.

8. If the temperature is above 90 degrees, food should not be left out for more than \_\_\_\_\_ hour.

9. Reheat all leftovers to a minimum internal temperature of \_\_\_\_\_ degrees Fahrenheit.