

Daily Routines That Include Nutrition

Quiz Questions

Points to focus on when watching this video:

- All centers should support breast/chest feeding
- Education and professional development about breast/chest feeding
- Breast/chest feeding policies for your center

Potential Test/Quiz Questions:

1. **Choose all that apply:** Some good ways to teach nutrition include:
 - a. Kitchen play
 - b. Books about food
 - c. Healthy food posters
 - d. Baking cookies
2. **Fill in the blank:** The USDA infographic that teaches about the 5 food groups is called _____.
3. **Choose the best response:** When doing cooking activities with children,
 - a. Allow children to taste raw cookie dough
 - b. Make applesauce with cinnamon
 - c. Make a fruit salad or tossed salad
 - d. All the above
4. **Choose all that apply:** What should you do when transitioning from play to meal time?
 - a. Allow children to play up until the food is on the table
 - b. Read a story to calm children down
 - c. Have children wash their hands
 - d. Have children sit at the table while you get the food ready
5. **True or False:** Using family style meal service means that all foods are presented at the same time and passed around the table while children are encouraged, but not forced, to taste all foods.
6. **Fill in the blank:** How much time should you allow for children to eat breakfast and snack _____ and for lunch _____?
7. **Choose the best response:** Children can assist with the meal service by:
 - a. Helping set the table
 - b. Carrying foods to the table
 - c. Serving themselves
 - d. Cleaning up after the meal
 - e. All the above

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Answer Guide

1. **Choose all that apply:** Some good ways to teach nutrition include:

Correct Answer: A, B, and C

2. **Fill in the blank:** The USDA infographic that teaches about the 5 food groups is called _____.

Correct Answer: MyPlate

3. **Choose the best response:** When doing cooking activities with children,

Correct Answer: B and C

4. **Choose all that apply:** What should you do when transitioning from play to meal time?

Correct Answer: B and C

5. **True or False:** Using family style meal service means that all foods are presented at the same time and passed around the table while children are encouraged, but not forced, to taste all foods.

Correct Answer: True

6. **Fill in the blank:** How much time should you allow for children to eat breakfast and snack _____ and for lunch _____?

Correct Answer: Snack – 20 minutes, Lunch – 30 minutes

7. **Choose the best response:** Children can assist with the meal service by:

Correct Answer: E