

Feeding Scenarios: Preschoolers

Quiz Questions

Points to focus on when watching this video:

- Meal patterns for preschoolers
- Family style meal service
- Parent-provided meals
- Strategies to deal with fussy or picky eaters

Potential Test/Quiz Questions:

1. **Choose all that apply:** When parents provide food from home, you should do the following:
 - a. Encourage drinks other than juice or soda
 - b. Suggest no cookies, candy or lunchables
 - c. Disallow certain foods or beverages from being sent in (e.g., no soda or candy)
 - d. All the above
2. **True or False:** If you are providing meals, you should follow the USDA and CACFP meal patterns, even if you don't participate in CACFP and receive CACFP funding.
3. **Choose all that apply:** During family-style meal service, children:
 - a. Should be served on appropriate child-size tables with child-size plates and utensils
 - b. Passing food in small containers lets children serve their own plates
 - c. Small pitchers on the table allow children to pour their own beverages
 - d. Children are encouraged to help set and clear the table
 - e. All the above
4. **Choose the best response:** What milk should preschool-age children drink, assuming they have no allergies?
 - a. Whole milk
 - b. Lactaid milk
 - c. Low fat milk
 - d. Almond milk
5. **True or False:** When children bring in food, you cannot ensure that all meals are nutritionally adequate.
6. **Fill in the blank:** Children benefit from ___ as they get to choose what foods they want and how much to eat.
7. **Fill in the blank:** It may take a child _____ times of seeing a food before they are willing to try it.
8. **Choose the best response:** With fussy eaters, you should do the following:
 - a. Don't allow the child to touch, smell, and try the food
 - b. Force the child to taste the food
 - c. Model good eating habits and provide accurate descriptions of new foods
 - d. All the above
9. **Fill in the blanks:** Two reasons why staff should eat with the children include _____ and _____.

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Answer Guide

1. **Choose all that apply:** When parents provide food from home, you should do the following:

Correct Answer: D

2. **True or False:** If you are providing meals, you should follow the USDA and CACFP meal patterns, even if you don't participate in CACFP and receive CACFP funding.

Correct Answer: True

3. **Choose all that apply:** During family-style meal service, children:

Correct Answer: E

4. **Choose the best response:** What milk should preschool-age children drink, assuming they have no allergies?

Correct Answer: C

5. **True or False:** When children bring in food, you cannot ensure that all meals are nutritionally adequate.

Correct Answer: True

6. **Fill in the blank:** Children benefit from ___ as they get to choose what foods they want and how much to eat.

Correct Answer: Family Style Meal Service

7. **Fill in the blank:** It may take a child _____ times of seeing a food before they are willing to try it.

Correct Answer: 15

8. **Choose the best response:** With fussy eaters, you should do the following:

Correct Answer: C

9. **Fill in the blank:** Two reasons why staff should eat with the children include _____ and _____.

Any of the Following are Acceptable: Children get to make decisions, they learn fine motor skills, they learn food safety, they learn table manners, they learn to take turns and share, they learn language and conversational skills, they are exposed to new foods