

Healthy Eating Habits and Young Children

1. Growth charts can be used to diagnose whether a child is overweight.
 - a. True
 - b. False
2. Children who are overweight at age six are more likely to be overweight as adults.
 - a. True
 - b. False
3. Many lifelong habits, including those related to eating and physical activity, are formed early in life.
 - a. True
 - b. False
4. Children should eat a variety of foods. Variety means foods that are different, such as:
 - a. Size
 - b. Color
 - c. Texture
 - d. Food group
 - e. All the above
5. Nutrient dense foods are those that have plenty of nutrients (vitamins, minerals, protein, etc.), but not unnecessary calories.
 - a. True
 - b. False
6. Children should eat all their vegetables and meat before getting dessert.
 - a. True
 - b. False
7. You must purchase fresh fruits and vegetables to get the most nutrients.
 - a. True
 - b. False
8. Ingredients are listed on the label in order by weight/volume. The product contains the most of the first ingredient listed.
 - a. True
 - b. False
9. Young children need to eat every three to four hours.
 - a. True
 - b. False
10. Picky eaters do not get all the necessary nutrients from foods
 - a. True
 - b. False

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ANSWER SHEET

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Training Evaluation

Why did you attend this training session?

List three things you learned during this training.

What did you enjoy most about the training?

What did you enjoy least about the training?

Because of what you learned during this training, what is one thing you will do to improve your ECCE program?

Please include any comments or ideas that you think would make this training more effective.

Are there any subjects that you would like to learn more about?

