

## Nutrition Education and Activities

1. If dieting, it is okay for the child caregiver or teacher to have diet bars or drinks instead of eating with the children.
  - a. True
  - b. False
2. “Family style” eating means you must pass all the serving bowls around the table.
  - a. True
  - b. False
3. Generally, how long is sufficient time for children to eat their meal?
  - a. 15-20 minutes
  - b. 20-30 minutes
  - c. 30-40 minutes
  - d. As long as it takes
4. Children should not eat their dessert until they have cleaned their plate.
  - a. True
  - b. False
5. It may take up to 18 times of tasting a food before a child decides that he or she likes it!
  - a. True
  - b. False
6. Shucking corn and washing vegetables are appropriate activities for two- and three-year old children.
  - a. True
  - b. False
7. Five-year-old children can make cake or cookies from a mix.
  - a. True
  - b. False
8. Which of the following utensils would be appropriate to place in a learning center?
  - a. Tongs
  - b. Potato mashers
  - c. Garlic press
  - d. Cookie cutters
  - e. All of the above
9. Which of the following foods is not a choking hazard for young children?
  - a. Small marshmallows
  - b. Grapes
  - c. Popcorn
  - d. Peanut butter crackers
10. One reason children easily choke on foods is because they may have difficulty swallowing liquids and solids together.
  - a. True
  - b. False

**Nutrition Education and Activities**  
**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?

