

Incorporating Nutrition Into Your Center Policies

Quiz Questions

Points to focus on when watching this video:

- Center policies on nutrition and meal service
- Non-discrimination statement
- Partnering with families to support healthful food choices
- Dietitian in your program
- Water availability

Potential Test/Quiz Questions:

1. **Choose the best response:** What is the recommended amount of time between meals in child care?
 - a. Between 1-2 hours apart
 - b. Between 2-3 hours apart
 - c. There is no recommendation
2. **True or False:** If you provide foods with funding from USDA, you must include a non-discrimination statement in your policies.
3. **Choose the best response:** What can a dietitian help you with?
 - a. Writing menus
 - b. Supporting children with special dietary needs
 - c. Educating parents
 - d. All of the above
4. **Choose the best response:** What is one reason adults should sit and eat with children at meal times?
 - a. For discipline purposes
 - b. To be sure that children eat all of their food
 - c. To model good eating habits
 - d. To serve the food to the children
5. **Fill in the blanks:** Name 2 ways child care providers can partner with families to support healthful choices.
_____ and _____.

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Answer Guide

1. **Choose the best response:** What is the recommended amount of time between meals in child care?

Correct Answer: B

2. **True or False:** If you provide foods with funding from USDA, you must include a non-discrimination statement in your policies.

Correct Answer: True

3. **Choose the best response:** What can a dietitian help you with?

Correct Answer: D

4. **Choose the best response:** What is one reason adults should sit and eat with children at meal times?

Correct Answer: C

5. **Fill in the blanks:** Name 2 ways child care providers can partner with families to support healthful choices.
_____ and _____.

All of the following are acceptable answers:

- Parent education programs with your registered dietitian
- Newsletters
- Sharing of menus
- Nutrition information listed on menus
- Individual meeting with the dietitian if a child has special dietary needs