



Please print clearly

<b>Date:</b>	<b>Name:</b> _____	<b>Provider #:</b> _____ <small>(if applicable)</small>
	<b>Center Name:</b> _____	<b>Center #:</b> _____ <small>(3 digits)</small>
	<b>Address:</b> _____	
	<b>City:</b> _____	<b>State:</b> _____

*Please fill out the test by hand.*

1. According to the module, what could it mean that Sally is having trouble focusing on an art project?
  - a. Sally may have a learning disability.
  - b. The assignment is too difficult and should be adjusted for each child.
  - c. Sally may be overly hungry, and is displaying a problem because she missed a meal.
  - d. The other children are bullying her.
  
2. According to the module, what is grazing, and why is it bad??
  - a. Grazing occurs when meals and snacks are not scheduled regularly, causing children to eat unhealthy food choices and lose interest in mealtimes.
  - b. Grazing is when a meal and snack are served too close together.
  - c. Grazing can lead to childhood obesity.
  - d. Grazing is what cows do.
  
3. What is a transition activity?
  - a. When one activity is moved to a different location.
  - b. Small activities between two major activities that help bridge them together and assist in making things run smoothly.
  - c. Helping children move from one location to another.
  - d. An activity that requires constant movement.
  
4. What is food jag?
  - a. A child's behavioral problem towards mealtimes.
  - b. When a child hasn't had a specific food more than once.
  - c. The time between two meals.
  - d. When a child has grown tired of the same foods.
  
5. What do you do with picky eaters? (Circle all that apply)
  - a. Don't force the children to eat
  - b. Physically put it in the child's mouth
  - c. Allow the children to role model
  - d. Allow the children to explore their food
  - e. Threaten with severe punishment
  - f. Introduce new foods with activities
  - g. Avoid bribery
  - h. Withhold dessert
  - i. Be persistent



6. How long might a child need to try a new food before developing the acquired taste?
  - a. 20 to 30 times
  - b. 10 to 15 times
  - c. 2 to 3 times
  - d. 9 to 10 times
  
7. Do children who are lactose intolerant have food allergies?
  - a. Yes. Lactose intolerant is a food allergy.
  - b. No, children who are lactose intolerant do not have food allergies, but they do have food intolerance.
  - c. Yes. These children are allergic to milk.
  - d. There is no difference between lactose intolerance and food allergies.
  
8. What is food intolerance?
  - a. It is an allergic reaction to the chemicals found in milk.
  - b. When a child refuses to eat a food because they do not like the taste.
  - c. When a child has an allergy to a specific food.
  - d. A food-induced reaction that doesn't involve the body's immune system. These children lack the enzymes needed to digest the sugar in milk.
  
9. What are the four major types of food intolerance? (Circle all that apply)
  - a. Dairy
  - b. Poultry
  - c. Gluten
  - d. Fish
  - e. Yeast
  - f. Fructose
  - g. Iron
  
10. Anaphylaxis is a life-threatening reaction that involves hives, swelling, and enlargement of the larynx with choking, wheezing, severe vomiting, diarrhea, and possibly shock. How quickly can it occur?
  - a. It takes about 10 years for symptoms to appear.
  - b. It doesn't. It's a medical fear the doctors have made up to scare us into vaccines.
  - c. It can happen within minutes, hours, or days after exposure to the food allergen.
  - d. While the food is still being consumed.
  
11. What makes a mealtime fun and pleasant for the children?
  - a. Worrying about the amount of food you've served the children.
  - b. Leaving the children unattended as they eat.
  - c. Standing off to the side as the children enjoy their meals.
  - d. Joining the children at the table and assisting them if they need help.
  
12. If a child accidentally spills their milk, you should...
  - a. Reprimand them and put them in time out.
  - b. Panic! The spilled milk will soil all the other children.
  - c. Force that child to clean up their mess, and then to stay after to clean up everyone else's.
  - d. Stay calm, offer all the children small pails of soapy water with small sponges, and turn cleaning into a game, *never* once reprimanding them.



13. It is okay to discuss a child’s lack of appetite at mealtime.

TRUE or FALSE

14. Rushing children through their meals is okay to ensure each that child has the same amount of time playing.

TRUE or FALSE

15. Every teacher should be aware of a child’s food allergy and its symptoms.

TRUE or FALSE

16. When implementing family style dining, you should always have child-friendly serving wares made specifically for kids.

TRUE or FALSE

17. Always be enthusiastic when explaining new activities to children to help make them excited.

TRUE or FALSE

18. It is okay for a snack to be just 15 minutes long.

TRUE or FALSE

19. Never force a child to eat during mealtime.

TRUE or FALSE

20. Gas, bloating, and abdominal pain are symptoms of food intolerance.

TRUE or FALSE

By signing and dating this form, you are agreeing that you have filled out this test to the best of your ability.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

*Do not write below this line*

DATE CREDIT IS ASSIGNED

PROGRAM REPRESENTATIVE

CREDIT HOURS