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 ________________.
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