**Choosy Eater Can Become Healthy Eaters, Too!**

**2019/2020 Nutrition Quiz**

**(Reminder your Licensed Assistant is required to complete training)**

**Provider Name Provider Number**

1. Provider several examples of Choosy Eating.
2. What is the peak age for choosy eating?
3. On average, how many hours per week does a child spend in childcare?

10 hours 20 hours 30 or more hours

1. On average, what percentage of calories does a child consume while in childcare?

10%-25% 25%-50% 50%-75% More than 75%

1. Name several characteristics that make up our temperaments.
2. How do kids become choosy?
3. On average, how many times do you have to introduce a new food for kids to accept?
4. What are the five (5) senses?
5. How do you increase food exposure?
6. What to expect when feeding children:

**Ages 6 months to 2 years**

**Ages 2 to 5 years**

**Ages 6-12 years**

1. It is the parent/providers responsible for what, where and when to eat**. TRUE FALSE**
2. The child is responsible for how much or whether to eat. **TRUE FALSE**
3. What are the 5 steps in family style meals?
4. Explain tips for setting good examples and ways to encourage children to try new foods.
5. Food should not be used to encourage positive behavior or during punishment? **TRUE FALSE**