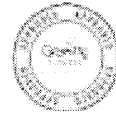


Video may be accessed and additional quizzes may be printed from www.heartlandnutrition.org.

Growing Futures Course ID# 12ZHC00030



Signature: _____

Print name: _____

Phone #: _____

Date of birth: ___ / ___ / ___ Last 5 numbers of social security #: ___ ___ ___ ___ ___

Address: _____ Town: _____ Zip: _____

E-mail address: _____

Your completion certificate for one hour training credit will be e-mailed to you unless you request otherwise.

Circle the correct response to each statement.

- True False 1. A child has to be forced to eat a vegetable at least 10 times before they like it.
- True False 2. Some vegetables have a bitter taste which children may be more sensitive to than adults.
- True False 3. In the video, edamame and kohlrabi were suggested as new vegetables to try.
- True False 4. Packaged pre-washed vegetables should be washed again before serving.
- True False 5. Studies have shown that the #1 reason why we accept or like a vegetable is because we are familiar with it.
- True False 6. In a snack or meal, the least amount of a vegetable that can be counted towards total requirement is 1 Tablespoon.
- True False 7. Involving the child in growing, preparing, or learning experience about a vegetable is likely to increase their interest in eating the vegetable.
- True False 8. Chlorine bleach should be added to the water when washing vegetables.
- True False 9. A good tool to use when cleaning leafy green vegetables is a salad spinner.
- True False 10. Lettuce should always be torn rather than cut with a knife.
- True False 11. Planning menus in advance helps assure a variety of vegetables are offered.
- True False 12. A minimum of 1/2 cup fruit/vegetable is to be offered 3-5 year olds in a reimbursable CACFP lunch or dinner.

Place the letter of the correct answer in the blank.

- _____ 13. Which of the following may hasten vegetable spoilage if stored in the same refrigerator bin as the fresh vegetables?
A. lemons
B. onions
C. apples
- _____ 14. For nutritional variety in vegetables, plan to serve one or more servings per week from
A. USDA Vegetable Subgroups.
B. CACFP Meal Patterns.
C. USDA MyPlate categories.
- _____ 15. Which of the following are in the Dark Green Vegetable Subgroup?
A. zucchini and green beans
B. romaine lettuce and broccoli
C. cucumbers and green peppers
- _____ 16. Sweet potatoes are in this vegetable subgroup.
A. Red and Orange Vegetables
B. Starchy Vegetables
C. Tuber Vegetables
- _____ 17. Vegetables that are considered nutritional "power-houses" include
A. tator tots, iceberg lettuce, and corn
B. kale, sweet potatoes, broccoli
C. beets, celery, and green beans
- _____ 18. Which of these is necessary in getting children to eventually accept, and even like, a vegetable?
A. cheese and butter
B. patience and repeated exposure
C. bribes and rewards

A passing grade of 80% correct is needed to be awarded training credit. Mail, FAX (250-0144) or scan (ann@heartlandnutrition.org) to:
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