



Heartland Child Nutrition Learn-At-Home Course
Multicultural Child Care Recipes and More!

Name _____ Growing Futures ID# _____
Address _____ Town _____ Zip _____
Phone # _____ E-mail address _____
Signature _____ If an assistant, who is your employer? _____

If more than one caregiver per license is submitting this course for credit, each person must do their own kitchen/cooking activities.

Circle the correct answer.

- True False 1. When taking temperature of raw chicken, do not touch the bone- as it is hotter than the meat.
- True False 2. Honey should not be given to or used in foods for children under 1 year.
- True False 3. Brown rice is whole grain rich.
- True False 4. For optimal browning and taste your ground meat should not be crowded.
- True False 5. Cutting large pieces of meat up into smaller pieces will not decrease the cooking time.
- True False 6. The low heat of a slow cooker does not help less expensive cuts of meat become tender and shrink less.
- True False 7. Babies need more iron, pound for pound, than adults.
- True False 8. Consequences of iron deficiency anemia include defects in immune ability, decreased ability to maintain body temperature, learning delays, impaired motor functions and decreased ability in muscular activity.
- True False 9. Infants are born with a supply of iron that lasts about 18 months.
- True False 10. Infants use iron for the rapid growth that occurs.
- True False 11. More oil is needed when using an air fryer than when deep frying.

True False 12. Air frying food takes longer to cook than using a traditional oven.

True False 13. Air fryers use rapid air technology to create heat instead of a heating element.

True False 14. The small size of an air fryer circulates the heat more evenly, crisping up food without hot spots and an excess of oil.

Each of these sections on this page is worth 8 points.

Choose one of the **multicultural recipes** in the cookbook to prepare and serve in a meal or snack that can be verified on your submitted claim. If more than one person from your childcare is completing this course, each person must do a different recipe.

The recipe or snack I served was_____.

The month that the recipe was served was_____.

Would you consider serving this again? Yes No Why or why not?_____

_____.

Choose **any** recipe in the “Multicultural Child Care Recipes and More!” cookbook to prepare and serve in a meal or snack that can be verified on your submitted claim. If more than one person from your childcare is completing this course, each person must do a different recipe.

The recipe or snack I served was_____.

The month that the recipe was served was_____.

Would you consider serving this again? Yes No Why or why not?

_____.

Thank you for completing this course. Send your completed quiz by mail, fax or email to:

Heartland Child Nutrition

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