

INTRODUCTION TO

Happy Mealtimes

IN CHILD CARE SETTINGS



ASSESSMENTS

Comprehensive Pre-Assessment

Identifier: _____

Instructions: Place an easy to remember, non-name identifier, such as a word, phrase, or symbol, at the top of the page. Then, complete the assessment by reading each question carefully and selecting the best answer.

1. Children should eat every _____ hours.
 - a. 1-2
 - b. 2-3
 - c. 1-5
 - d. 3-6

2. Snacks should be scheduled for at least _____ minutes.
 - a. 5-10
 - b. 10-15
 - c. 15-30
 - d. 30-45

3. Lunch should be scheduled for at least _____ minutes.
 - a. 5-10
 - b. 10-15
 - c. 20-30
 - d. 30-45

4. Smooth transitions help children respond better to mealtimes because they know and understand what will happen next. True or False?
 - a. True
 - b. False

5. Select the transition activity.
 - a. Games
 - b. Rhymes
 - c. Finger play
 - d. All of the above

6. Picky eating is a common behavior. True or False?
 - a. True
 - b. False

7. Which of the following questions or sayings can hinder young children from developing healthy eating habits?
 - a. Which one is your favorite?
 - b. This is kiwi fruit; it is sweet like a strawberry.
 - c. Is your stomach still making its hungry growling noise?
 - d. See, that did not taste so bad, did it?

8. How does nutrition education aid in creating happy mealtimes?
 - a. Nutrition education is fun for young children.
 - b. Learning about food indirectly encourages children to try foods.
 - c. Children enjoy arts and crafts.
 - d. Children like to learn about new things.

9. Children may need as many as ____ exposures before they try a food for the second time.
 - a. 3
 - b. 15
 - c. 25
 - d. 36

10. Picky eating peaks between the ages of _____.
 - a. 2 and 5
 - b. 2 and 9
 - c. 3 and 7
 - d. 4 and 6

11. What is one of the first steps for serving foods safely?
 - a. Handwashing
 - b. Storing food
 - c. Cooking food
 - d. Garbage removal

12. Hands should be scrubbed together for a minimum of ____ seconds.
 - a. 10
 - b. 15
 - c. 20
 - d. 35

13. When sanitizing surfaces, spray surface with solution, wipe the surface, and then, _____.
- blow dry the surface
 - allow surface to air dry
 - wipe the surface until dry
 - All of the above
14. A food allergy is the _____ mistakenly reacting to a particular food as if it is a threat to the body.
- immune system
 - stomach
 - brain
 - eyes
15. What does SKPPP mean?
- Serious, protect, prevent, know, and plan
 - Serious, know, plan, protect, and prevent
 - Sign, provide, prevent, know, and plan
 - Serious, provide, prevent, know, and plan
16. Select the skill needed for eating meals family-style.
- Dancing
 - Singing
 - Pouring
 - Clapping
17. Family-style meal service does NOT give children control of what they eat. True or False?
- True
 - False
18. Children need to learn how to _____ when eating meals family-style. Choose the best answer.
- pass and pour
 - pass, pour, and handle
 - pass, pour, handle, and use utensils
 - pass, pour, and use utensils

19. Why should all child care staff receive training on family-style meal service?
- To properly assist with the new meal service
 - To introduce meaningful conversation
 - To provide positive mealtime experiences for young children
 - All of the above
20. Select the response that does NOT represent family-style meal service.
- Enough food is placed on the table to allow for the full Child and Adult Care Food Program (CACFP) portion-size required for each child to be served.
 - Children are forced to take food items at the beginning of mealtimes.
 - Children and adults sit and eat together, while enjoying meaningful conversations.
 - Children may take second portions of foods if they care to.

Lesson 1: Pre-Assessment

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4. Smooth transitions help children respond better to mealtimes because they know and understand what will happen next. True or False?
 - a. True
 - b. False

5. Select the transition activity.
 - a. Games
 - b. Rhymes
 - c. Finger play
 - d. All of the above

Lesson 1: Post-Assessment

Identifier: _____

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5. Select the transition activity.
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Lesson 2: Pre-Assessment

Identifier: _____

Instructions: Place an easy to remember, non-name identifier, such as a word, phrase, or symbol, at the top of the page. Then, complete the assessment by reading each question carefully and selecting the best answer.

1. Picky eating is a common behavior. True or False?
 - a. True
 - b. False

2. Which of the following questions or sayings can hinder young children from developing healthy eating habits?
 - a. Which one is your favorite?
 - b. This is kiwi fruit; it is sweet like a strawberry.
 - c. Is your stomach still making its hungry growling noise?
 - d. See, that did not taste so bad, did it?

3. How does nutrition education aid in creating happy mealtimes?
 - a. Nutrition education is fun for young children.
 - b. Learning about food indirectly encourages children to try foods.
 - c. Children enjoy arts and crafts.
 - d. Children like to learn about new things.

4. Children may need as many as ____ exposures before they try a food for the second time.
 - a. 3
 - b. 15
 - c. 25
 - d. 36

5. Picky eating peaks between the ages of _____.
 - a. 2 and 5
 - b. 2 and 9
 - c. 3 and 7
 - d. 4 and 6

Lesson 2: Post-Assessment

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Lesson 3: Pre-Assessment

Identifier: _____

Instructions: Place an easy to remember, non-name identifier, such as a word, phrase, or symbol, at the top of the page. Then, complete the assessment by reading each question carefully and selecting the best answer.

1. What is one of the first steps for serving foods safely?
 - a. Handwashing
 - b. Storing food
 - c. Cooking food
 - d. Garbage removal
2. Hands should be scrubbed together for a minimum of ____ seconds.
 - a. 10
 - b. 15
 - c. 20
 - d. 35
3. When sanitizing surfaces, spray surface with solution, wipe the surface, and then, _____.
 - a. blow dry the surface
 - b. allow surface to air dry
 - c. wipe the surface until dry
 - d. All of the above
4. A food allergy is the _____ mistakenly reacting to a particular food as if it is a threat to the body.
 - a. immune system
 - b. stomach
 - c. brain
 - d. eyes
5. What does SKPPP mean?
 - a. Serious, protect, prevent, know, and plan
 - b. Serious, know, plan, protect, and prevent
 - c. Sign, provide, prevent, know, and plan
 - d. Serious, provide, prevent, know, and plan

Lesson 3: Post-Assessment

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1. Select the skill needed for eating meals family-style.
 - a. Dancing
 - b. Singing
 - c. Pouring
 - d. Clapping
2. Family-style meal service does NOT give children control of what they eat. True or False?
 - a. True
 - b. False
3. Children need to learn how to _____ when eating meals family-style. Choose the best answer.
 - a. pass and pour
 - b. pass, pour, and handle
 - c. pass, pour, handle, and use utensils
 - d. pass, pour, and use utensils
4. Why should all child care staff receive training on family-style meal service?
 - a. To properly assist with the new meal service
 - b. To introduce meaningful conversation
 - c. To provide positive mealtime experiences for young children
 - d. All of the above
5. Select the response that does NOT represent family-style meal service.
 - a. Enough food is placed on the table to allow for the full Child and Adult Care Food Program (CACFP) portion-size required for each child to be served.
 - b. Children are forced to take food items at the beginning of mealtimes.
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Assessment Answer Key

Comprehensive Pre/Post-Answer Key

- | | | | |
|------|-------|-------|-------|
| 1. B | 6. A | 11. A | 16. C |
| 2. C | 7. D | 12. C | 17. B |
| 3. D | 8. B | 13. B | 18. C |
| 4. A | 9. B | 14. A | 19. D |
| 5. D | 10. A | 15. B | 20. B |

Lesson 1 Pre/Post-Assessment

1. B
2. C
3. D
4. A
5. D

Lesson 2 Pre/Post-Assessment

1. C
2. B
3. C
4. D
5. B

Lesson 3 Pre/Post-Assessment

1. A
2. C
3. B
4. A
5. B

Lesson 4 Pre/Post-Assessment

1. A
2. D
3. B
4. B
5. A



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