



---

# Feeding Children

## *Sample Quiz Questions*

1. Choose the best response: At what age are children likely to have the skills to being eating with utensils?
  - a. 6 months
  - b. 1 year
  - c. 2 years
2. Choose the best response: Allowing children to decide what and how much food they want to eat and having the adult provide nutritious food in a safe and nurturing environment is called:
  - a. Feeding Choices
  - b. Division of Responsibility
  - c. Feeding Responsibility
3. True or False: Giving a child a choice of two foods gives them some autonomy and pride in making a decision.
4. Fill in the blank: A food jag is when a child will only eat the same food item, or a very small group of food items, prepared the same way every day for every meal.
5. Choose the best response: Children may need exposure to a new food approximately how many times before they try it?
  - a. 5
  - b. 10
  - c. 15
6. True or False: If you are providing meals, you should follow the CACFP meal patterns even if you don't participate in the CACFP and receive CACFP funding.
7. Choose all that apply: During family style dining, children should be:
  - a. Served on appropriate child-size tables and with child-size plates and utensils
  - b. Given food in small containers to allow them to serve their own plate
  - c. Allowed to pour their own beverages using small pitchers.
  - d. All of the above
8. Fill in the blank: Children benefit from family style dining as they get to choose what food they want and how much to eat.



- 
9. Choose all that apply: Benefits of family style dining for children include:
- a. Learn fine motor skills
  - b. Learn about food safety
  - c. Learn table manners
  - d. Learn to take turns and share
  - e. Learn language and conversational skills
  - f. Exposure to new foods
  - g. All of the above
10. What is the primary focus of the Whole School, Whole Community, Whole Child (WSCC) model?
- a. Improving standardized test performance
  - b. Meeting the needs of each individual child
  - c. Implementing teacher-centered approaches
  - d. Emphasizing the role of school support