



Feeding Children

Sample Quiz Questions

1. Choose the best response: At what age are children likely to have the skills to be 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