1. Parents may not offer healthier foods to their children because they lack:
   knowledge, motivation, **SKILLS**, and/or opportunity.

2. The Child and Adult Care Program has specific **RULES** and regulations you
   must follow if your facility participates in that program.

3. The chapter called **MEALTIME** addresses parent and child roles during meals
   and snacks.

4. Children should start to learn how to serve themselves food at about 3 years
   of age.

5. Elly Satter is the author of the book **CHILD OF MINE**: Feeding with Love and
   Good Sense.

6. Children should decide how **MUCH** food to eat based on their hunger.

7. A young child may have to be offered a new food **12** different times before he
   or she decides to try it.

8. When offering new foods, **PATIENCE** works better than pressure.

9. **25** percent of calories is from beverages.

10. Children should not drink juice until their **FIRST** birthday.