

Student Chef School Meals Knowledge Pre-Check and Post-Check

1. Which of the following meal components are included in school lunch? (1 point)
 - a. Grains, meat/meat alternate, dairy, vegetables, and fruit.
 - b. Grains, meat/meat alternate, water, vegetables, and fruit.
 - c. **Grains, meat/meat alternate, fluid milk, vegetables, and fruit.**

2. For a product to be whole grain rich it must include 50% or more whole grains in the product. (1 point)
 - a. **True**
 - b. False

3. Meat/meat alternate or grains credit in _____ while fruits and vegetables credit in _____. (1 point)
 - a. cups; ounces
 - b. cups; grams
 - c. **ounces; cups**
 - d. ounces; grams

4. Foods such as yogurt and cheese are not included in the meat/meat alternate category. (1 point)
 - a. True
 - b. **False**

5. Which of the following nutrition requirements must be met on average over the school week? (1 point)
 - a. calories
 - b. sugar
 - c. saturated fat
 - d. sodium
 - e. **calories, saturated fat and sodium**
 - f. all of these

