

HealthierUS School Challenge: Smarter Lunchrooms Pre and Post Assessment Answer Key

1. The Healthier US School Challenge: Smarter Lunchrooms
 - A. Is a voluntary recognition award.
 - B. Offers financial incentives to HUSSC: SL Award Schools.
 - C. Reflects the *2010 Dietary Guidelines for Americans*.
 - D. Allows schools in the same district to apply for different awards.
 - E. All of the above.

2. HUSSC: SL application require all of the following except
 - A. Documentation of the local school wellness policy.
 - B. Documentation of meetings with principals, coaches, and other school staff.
 - C. Documentation for your program review.
 - D. Documentation for Smart Snacks.
 - E. Documentation of Nutrition Fact Labels, recipes, and food product ingredients.

3. Basic criteria for HUSSC: SL Award includes the following except
 - A. Schools must be enrolled as a Team Nutrition School.
 - B. School participation in the School Breakfast Program is optional.
 - C. Meals must meet all aspects of a reimbursable meal and USDA nutrition standards.
 - D. Menus must comply with the six cent certification.
 - E. School district wellness policy and school wellness policy worksheet.

4. A standardized recipe
 - A. Requires use of USDA CN Label products.
 - B. Requires revisions each time the recipe is used.
 - C. Has been tried, adapted, and retried several times.
 - D. Identifies the day of the week the item was prepared.
 - E. All of the above.

5. Production records
 - A. Requires use of USDA CN Label product.
 - B. Increases waste and should be avoided whenever possible.
 - C. Simplifies cost comparisons of similar products.
 - D. Identifies the portion size.
 - E. Shows that recipes have been standardized.

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6. If you have 1500 students enrolled, 1400 student attendance and 200 students in the half-day kindergarten program which do not have access to the lunch program, what is the average daily participation?
- A. 1,200
 - B. 1,300
 - C. 1,400
 - D. 1,500
 - E. None of the above
7. The HUSSC:SL Additional Criteria includes
- A. Nutrition Education
 - B. Physical Education (PE) and Physical Activity (PA)
 - C. Local School Wellness Policy
 - D. Other Criteria for Excellence
 - E. All of the above.
8. The Challenge criteria for Physical Activity (PA)
- A. Must neither be denied or required as a means of punishment.
 - B. Must be planned by a certified PE teacher.
 - C. Must be offered to at least 2 grades, for all award levels in the middle school.
 - D. Must be structured.
 - E. All of the above.
9. Which statement regarding HUSSC:SL nutrition education criteria for middle schools is correct:
- A. For a Bronze award, nutrition education must be offered in at least two grades.
 - B. For a Silver award, nutrition education must be offered in at least two grades.
 - C. For a Gold/Gold Award of Distinction award, nutrition education must be offered in at least two grades.
 - D. For all award levels, one example of a nutrition education lesson must be submitted as documentation.
 - E. For all award levels nutrition, education must be offered in two grades.
10. Smarter Lunchrooms
- A. Promotes healthy habits and strategically places healthier choices in the minds of children.
 - B. Will cost the district extra money and must be approved by the school board.
 - C. Must be approved by the state agency in advance and must include a budget for review.
 - D. Is only acceptable for elementary schools and should not be implemented in middle or high school grades.