

## **HealthierUS School Challenge: Smarter Lunchrooms Pre and Post Assessment**

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 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.

**HealthierUS School Challenge: Smarter Lunchrooms  
Pre and PostAssessment**

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 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.