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.
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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 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.