INTRODUCTION TO
Happy Mealtimes
IN CHILD CARE SETTINGS

ASSESSMENTS

INSTITUTE OF
child nutrition
RESOURCES, TRAINING, RESEARCH
2016
Comprehensive Pre-Assessment

Identifier: ______________________

Instructions: Place an easy to remember, non-name identifier, such as a word, phrase, or symbol, at the top of the page. Then, complete the assessment by reading each question carefully and selecting the best answer.

1. Children should eat every _______ hours.
   a. 1-2
   b. 2-3
   c. 1-5
   d. 3-6

2. Snacks should be scheduled for at least ____ minutes.
   a. 5-10
   b. 10-15
   c. 15-30
   d. 30-45

3. Lunch should be scheduled for at least _______ minutes.
   a. 5-10
   b. 10-15
   c. 20-30
   d. 30-45

4. Smooth transitions help children respond better to mealtimes because they know and understand what will happen next. True or False?
   a. True
   b. False

5. Select the transition activity.
   a. Games
   b. Rhymes
   c. Finger play
   d. All of the above

6. Picky eating is a common behavior. True or False?
   a. True
   b. False
7. Which of the following questions or sayings can hinder young children from developing healthy eating habits?
   a. Which one is your favorite?
   b. This is kiwi fruit; it is sweet like a strawberry.
   c. Is your stomach still making its hungry growling noise?
   d. See, that did not taste so bad, did it?

8. How does nutrition education aid in creating happy mealtimes?
   a. Nutrition education is fun for young children.
   b. Learning about food indirectly encourages children to try foods.
   c. Children enjoy arts and crafts.
   d. Children like to learn about new things.

9. Children may need as many as _____ exposures before they try a food for the second time.
   a. 3
   b. 15
   c. 25
   d. 36

10. Picky eating peaks between the ages of _______.
    a. 2 and 5
    b. 2 and 9
    c. 3 and 7
    d. 4 and 6

11. What is one of the first steps for serving foods safely?
    a. Handwashing
    b. Storing food
    c. Cooking food
    d. Garbage removal

12. Hands should be scrubbed together for a minimum of _____ seconds.
    a. 10
    b. 15
    c. 20
    d. 35
13. When sanitizing surfaces, spray surface with solution, wipe the surface, and then, _______.
   a. blow dry the surface
   b. allow surface to air dry
   c. wipe the surface until dry
   d. All of the above

14. A food allergy is the __________ mistakingly reacting to a particular food as if it is a threat to the body.
   a. immune system
   b. stomach
   c. brain
   d. eyes

15. What does SKPPP mean?
   a. Serious, protect, prevent, know, and plan
   b. Serious, know, plan, protect, and prevent
   c. Sign, provide, prevent, know, and plan
   d. Serious, provide, prevent, know, and plan

16. Select the skill needed for eating meals family-style.
   a. Dancing
   b. Singing
   c. Pouring
   d. Clapping

17. Family-style meal service does NOT give children control of what they eat. True or False?
   a. True
   b. False

18. Children need to learn how to _____ when eating meals family-style. Choose the best answer.
   a. pass and pour
   b. pass, pour, and handle
   c. pass, pour, handle, and use utensils
   d. pass, pour, and use utensils
19. Why should all child care staff receive training on family-style meal service?
   a. To properly assist with the new meal service
   b. To introduce meaningful conversation
   c. To provide positive mealtime experiences for young children
   d. All of the above

20. Select the response that does NOT represent family-style meal service.
   a. Enough food is placed on the table to allow for the full Child and Adult Care Food Program (CACFP) portion-size required for each child to be served.
   b. Children are forced to take food items at the beginning of mealtimes.
   c. Children and adults sit and eat together, while enjoying meaningful conversations.
   d. Children may take second portions of foods if they care to.
Lesson 1: Pre-Assessment

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4. Smooth transitions help children respond better to mealtimes because they know and understand what will happen next. True or False?
   a. True
   b. False

5. Select the transition activity.
   a. Games
   b. Rhymes
   c. Finger play
   d. All of the above
Lesson 1: Post-Assessment

Identifier: ________________

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5. Select the transition activity.
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Lesson 2: Pre-Assessment

Identifier: ____________________

**Instructions:** Place an easy to remember, non-name identifier, such as a word, phrase, or symbol, at the top of the page. Then, complete the assessment by reading each question carefully and selecting the best answer.

1. Picky eating is a common behavior. True or False?
   a. True
   b. False

2. Which of the following questions or sayings can hinder young children from developing healthy eating habits?
   a. Which one is your favorite?
   b. This is kiwi fruit; it is sweet like a strawberry.
   c. Is your stomach still making its hungry growling noise?
   d. See, that did not taste so bad, did it?

3. How does nutrition education aid in creating happy mealtimes?
   a. Nutrition education is fun for young children.
   b. Learning about food indirectly encourages children to try foods.
   c. Children enjoy arts and crafts.
   d. Children like to learn about new things.

4. Children may need as many as _____ exposures before they try a food for the second time.
   a. 3
   b. 15
   c. 25
   d. 36

5. Picky eating peaks between the ages of ________.
   a. 2 and 5
   b. 2 and 9
   c. 3 and 7
   d. 4 and 6
Lesson 2: Post-Assessment

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Lesson 3: Pre-Assessment

Identifier: ________________

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1. What is one of the first steps for serving foods safely?
   a. Handwashing
   b. Storing food
   c. Cooking food
   d. Garbage removal

2. Hands should be scrubbed together for a minimum of _____ seconds.
   a. 10
   b. 15
   c. 20
   d. 35

3. When sanitizing surfaces, spray surface with solution, wipe the surface, and then, ______.
   a. blow dry the surface
   b. allow surface to air dry
   c. wipe the surface until dry
   d. All of the above

4. A food allergy is the ________ mistakenly reacting to a particular food as if it is a threat to the body.
   a. immune system
   b. stomach
   c. brain
   d. eyes

5. What does SKPPP mean?
   a. Serious, protect, prevent, know, and plan
   b. Serious, know, plan, protect, and prevent
   c. Sign, provide, prevent, know, and plan
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1. Select the skill needed for eating meals family-style.
   a. Dancing
   b. Singing
   c. Pouring
   d. Clapping

2. Family-style meal service does NOT give children control of what they eat. True or False?
   a. True
   b. False

3. Children need to learn how to _____ when eating meals family-style. Choose the best answer.
   a. pass and pour
   b. pass, pour, and handle
   c. pass, pour, handle, and use utensils
   d. pass, pour, and use utensils

4. Why should all child care staff receive training on family-style meal service?
   a. To properly assist with the new meal service
   b. To introduce meaningful conversation
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5. Select the response that does NOT represent family-style meal service.
   a. Enough food is placed on the table to allow for the full Child and Adult Care Food Program (CACFP) portion-size required for each child to be served.
   b. Children are forced to take food items at the beginning of mealtimes.
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Lesson 4: Post-Assessment

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Assessment Answer Key

Comprehensive Pre/Post-Answer Key


Lesson 1 Pre/Post-Assessment

1. B
2. C
3. D
4. A
5. D

Lesson 2 Pre/Post-Assessment

1. C
2. B
3. C
4. D
5. B

Lesson 3 Pre/Post-Assessment

1. A
2. C
3. B
4. A
5. B

Lesson 4 Pre/Post-Assessment

1. A
2. D
3. B
4. B
5. A