

## Introduction to School Nutrition Leadership Post-Assessment

1. Which of the following is **NOT** required in food production records?
  - a. Age group of students
  - b. Raw food cost per serving
  - c. Portion or serving size
  - d. Amount of food used
  
2. Nutrition accountability deals with
  - a. Meeting the USDA nutrition requirements that are based on the *Dietary Guidelines* and the RDA
  - b. Providing accurate information on meals to support reimbursement from USDA
  - c. Ensuring every household has the opportunity to apply for reduced or free meals
  - d. Providing information on goal for nutrition education
  
3. Characteristics of food that are acceptable to consumers are referred to as
  - a. Food Quality Standards
  - b. Culinary Techniques
  - c. Food Presentation Principles
  - d. Nutrient Standards
  
4. Which of the following is a **false** statement about factors that influence student eating habits?
  - a. Adolescent customers have strong social needs and are often influenced by their peers.
  - b. The age of a child has no influence on their food likes and dislikes.
  - c. The beliefs of parents about food customs influence student eating patterns.
  - d. The environment of the dining room can have an effect on a student's desire to participate in the school nutrition program.
  
5. School may offer vegetables at breakfast:
  - a. only after 1 cup of fruit has been offered.
  - b. no more than half of the required weekly fruit servings.
  - c. only to students who refuse the fruit option.
  - d. in place of fruits.

6. Which of the following is **NOT** a common menu modification?
- Texture
  - Sodium content
  - Calories
  - Consistency of liquids
7. Which of the following is **NOT** a recommended action for a child with a disability?
- Offering foods as a reward
  - Longer than normal eating time
  - Assistance with grasping and releasing eating utensils
  - Provide adequate lighting for students who are visually impaired.
8. Which of the following statements about Professional Integrity is **false**?
- Beliefs* you have about your profession which guides your day-to-day actions as school nutrition director.
  - Built on your *personal integrity* and your basic beliefs about *fairness and honesty*.
  - Leadership encompasses both accountability and responsibility.
  - A matching up of the *inside* beliefs with your *outside* actions and words.
9. Most school nutrition programs have the goal of marketing healthy food choices, quality diet/nutritious food, and more nutrient dense foods to meet nutrient standards. These are examples of which principle of the marketing campaign?
- Product
  - Price
  - Policy
  - Promotion
10. Which is **NOT** a benefit of a marketing campaign for school nutrition programs?
- It helps administrators and faculty see the value of child nutrition programs.
  - It helps achieve nutrition-related education.
  - It helps curtail disciplinary issues.
  - It helps resolve issues some children face such as obesity and diabetes.
11. Which of the following is **NOT** a key step for effective inventory management?
- Knowing where and how much food you have on hand
  - Controlling waste, loss and theft
  - Maintaining only as much food as you need
  - Utilizing Offer versus Serve

12. All of the following must be identified in RFP's **EXCEPT**
- All parties being solicited
  - Goods, products, and/or services needed
  - Evaluation Factors
  - How the needs will be met
13. All of the following key information should be included in product description specifications **EXCEPT**
- Case Pack/weight
  - Minimum and Maximum Size and Pieces
  - Quality Indicators
  - Price
14. What is break-even point?
- When revenue exceeds expenditures
  - When expenditures exceed revenue
  - When expenditures equal revenue
  - When an increase in fund balance occurs
15. Offer versus Serve is
- Intended to reduce food waste
  - Mandatory for senior high schools in the National School Lunch Program
  - Mandatory for the School Breakfast Program and for the National School Lunch program at lower grades
  - A and B
16. Cross contamination is one of the most common causes of foodborne illness. Prevention solutions include
- Rinse cutting boards when using for different foods
  - Wash and rinse work tables and equipment between tasks
  - Proper handwashing throughout the work day
  - Equipment handles should be washed and rinsed daily
  - All of the above
17. The steps to properly wash your hands include
- Use soap and water
  - Lather hands with soap up to elbows and scrub for 10 – 15 seconds
  - Wash back of hands, wrists, between fingers, and under fingernails
  - Rinse hands under running water
  - Dry hands with paper towel or air drying
  - All of the above

18. When cooling a hot food from 135°F down to 41°F, it must be reheated immediately to 165°F for 15 seconds if it has not reached 70°F within
- 1 hours
  - 2 hours
  - 3 hours
  - 4 hours
19. Which of the following describes food biosecurity?
- Limits cross contamination
  - Limits presence of naturally occurring food contaminants
  - Prevents growth of organisms caused by time/temperature abuse
  - Prevents product tampering
20. It is imperative in an emergency situation that the director
- Understands the chain of command
  - Establishes and communicates plans and procedures
  - Monitors the inventory of food, equipment and supplies
  - All of the above