Introduction to School Nutrition Leadership

Answer Key

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 DRIs
   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?
   - a. Texture
   - b. Sodium content
   - c. Calories
   - d. Consistency of liquids

7. Which of the following is **NOT** a recommended action for a child with a disability?
   - a. Offering foods as a reward
   - b. Longer than normal eating time
   - c. Assistance with grasping and releasing eating utensils
   - d. Provide adequate lighting for students who are visually impaired.

8. Which of the following statements about Professional Integrity is **false**?
   - a. Beliefs you have about your profession which guides your day-to-day actions as school nutrition director.
   - b. Built on your **personal integrity** and your basic beliefs about fairness and honesty.
   - c. Leadership encompasses both accountability and responsibility.
   - d. 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?
   - a. Product
   - b. Price
   - c. Policy
   - d. Promotion

10. Which is **NOT** a benefit of a marketing campaign for school nutrition programs?
    - a. It helps administrators and faculty see the value of child nutrition programs.
    - b. It helps achieve nutrition-related education.
    - c. It helps curtail disciplinary issues.
    - d. 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?
    - a. Knowing where and how much food you have on hand
    - b. Controlling waste, loss and theft
    - c. Maintaining only as much food as you need
    - d. 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
   a. 1 hours
   b. 2 hours
   c. 3 hours
   d. 4 hours

19. Which of the following describes food biosecurity?
   a. Limits cross contamination
   b. Limits presence of naturally occurring food contaminants
   c. Prevents growth of organisms caused by time/temperature abuse
   d. Prevents product tampering

20. It is imperative in an emergency situation that the director
   a. Understands the chain of command
   b. Establishes and communicates plans and procedures
   c. Monitors the inventory of food, equipment and supplies
   d. All of the above