

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**

- a. All parties being solicited
- b. Goods, products, and/or services needed
- c. Evaluation Factors
- d. How the needs will be met

13. All of the following key information should be included in product description specifications **EXCEPT**

- a. Case Pack/weight
- b. Minimum and Maximum Size and Pieces
- c. Quality Indicators
- d. Price

14. What is break-even point?

- a. When revenue exceeds expenditures
- b. When expenditures exceed revenue
- c. When expenditures equal revenue
- d. When an increase in fund balance occurs

15. Offer versus Serve is

- a. Intended to reduce food waste
- b. Mandatory for senior high schools in the National School Lunch Program
- c. Mandatory for the School Breakfast Program and for the National School Lunch program at lower grades
- d. A and B

16. Cross contamination is one of the most common causes of foodborne illness. Prevention solutions include

- a. Rinse cutting boards when using for different foods
- b. Wash and rinse work tables and equipment between tasks
- c. Proper handwashing throughout the work day
- d. Equipment handles should be washed and rinsed daily
- e. All of the above

17. The steps to properly wash your hands include

- a. Use soap and water
- b. Lather hands with soap up to elbows and scrub for 10 – 15 seconds
- c. Wash back of hands, wrists, between fingers, and under fingernails
- d. Rinse hands under running water
- e. Dry hands with paper towel or air drying
- f. 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