

## Pre-Assessment

1. What is a food component in the National School Lunch Program?
  - a. An optional accommodation requiring a medical note
  - b. A specific food offered for the student to select
  - c. One of three food groups that comprise a reimbursable meal
  - d. One of five food groups that comprise a reimbursable meal
2. What is a food component in the School Breakfast Program?
  - a. An optional accommodation requiring a medical note
  - b. One of three food groups that comprise a reimbursable meal
  - c. A specific food offered for the student to select
  - d. One of five food groups that comprise a reimbursable meal
3. What is a food item in the School Breakfast Program?
  - a. An optional accommodation requiring a medical note
  - b. A specific food offered for the student to select
  - c. One of three food groups that comprise a reimbursable meal
  - d. One of five food groups that comprise a reimbursable meal
4. Which of the following can be described as choices in the school meal program?
  - a. Offering different food items within the same meal component
  - b. Required for the fruit and vegetable component
  - c. Considered an “extra” food item
  - d. Offered only at lunch but not at breakfast
5. When can vegetables be offered at breakfast?
  - a. Only after 1 cup of fruit has been offered
  - b. Only when 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 statements is correct for schools offering fruit and milk smoothies?
  - a. The smoothie is made using only 1 cup of fat-free unflavored milk.
  - b. The smoothie is made with only juice and fruit.
  - c. The milk in the smoothie is not the only variety of milk offered.
  - d. The smoothie is only offered at breakfast as an “extra” food.

7. What is the minimum serving of fruit a student must select for a reimbursable breakfast meal?
- a.  $\frac{1}{4}$  cup minimum daily
  - b.  $\frac{1}{2}$  cup minimum daily
  - c.  $\frac{3}{4}$  cup minimum daily
  - d. 1 cup minimum daily
8. Which of the following statements is true about dry beans or peas?
- a. Can be credited as a meat alternate or vegetable
  - b. Can only be served once a week
  - c. Can be served only at lunch
  - d. Cannot be credited due to little nutrient value