### Pre-/Post-Assessment Answer Key

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. ¹⁄₄ cup minimum daily
   b. ¹⁄₂ cup minimum daily
   c. ¾ 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