

## 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 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. 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
- 10. 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
- 11. 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
- 12. 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
- 13. 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