



ASSESSMENTS

OPTIONAL BEST PRACTICES

A CACFP Meal Pattern Requirements
Supplemental Training

Institute of Child Nutrition The University of Mississippi

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PURPOSE

The purpose of the Institute of Child Nutrition is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

MISSION

The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

VISION

The vision of the Institute of Child Nutrition is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

- 1) At snack, at least one component should consist of a fruit or a _____.
 - a. grain.
 - b. vegetable.
 - c. milk.
 - d. There are no best practices for snack.

- 2) Select the correct best practices for serving whole grain-rich items.
 - a. Provide at least three servings of whole grain-rich items per day.
 - b. Provide at least one serving of whole grain-rich items each week.
 - c. Provide at least two servings of whole grain-rich items per day.
 - d. There are no best practices for whole grain-rich items.

- 3) Processed meats should be limited to a single serving per day. True or False?
 - a. True
 - b. False

- 4) Serve only _____ milk to all participants.
 - a. Whole milk
 - b. Unflavored milk
 - c. Flavored low-fat milk
 - d. Unflavored reduced-fat milk

- 5) When yogurt is served in place of milk to adults, serve _____ as the beverage.
 - a. 100% Juice
 - b. low-fat milk
 - c. water
 - d. None of the above

- 6) Serve at least one serving of each of the vegetable subgroups once per week. True or False?
 - a. True
 - b. False

- 7) When planning meals and snacks, which item should you avoid?
 - a. Natural reduced-fat cheese
 - b. Fruit drinks
 - c. Pre-fried foods
 - d. Whole vegetables

- 8) This week's menu calls for processed meats on Monday and Tuesday. Does this practice meet the optional best practices guidelines?
- Yes
 - No
- 9) Flavored milk should contain no more than ____ grams of sugar per ____ fluid ounces to meet the optional best practice requirements.
- 23 grams of sugar per 8 fluid ounces
 - 22 grams of sugar per 8 fluid ounces
 - 8 grams of sugar per 22 fluid ounces
 - 10 grams of sugar per 8 fluid ounces
- 10) Throughout the day, offer and make water available to adults upon their request. True or False?
- True
 - False

Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

- 1) At snack, at least one component should consist of a fruit or a _____.
 - a. grain.
 - b. vegetable.
 - c. milk.
 - d. There are no best practices for snack.

- 2) Select the correct best practices for serving whole grain-rich items.
 - a. Provide at least three servings of whole grain-rich items per day.
 - b. Provide at least one serving of whole grain-rich items each week.
 - c. Provide at least two servings of whole grain-rich items per day.
 - d. There are no best practices for whole grain-rich items.

- 3) Processed meats should be limited to a single serving per day. True or False?
 - a. True
 - b. False

- 4) Serve only _____ milk to all participants.
 - a. Whole milk
 - b. Unflavored milk
 - c. Flavored low-fat milk
 - d. Unflavored reduced-fat milk

- 5) When yogurt is served in place of milk to adults, serve _____ as the beverage.
 - a. 100% Juice
 - b. low-fat milk
 - c. water
 - d. None of the above

- 6) Serve at least one serving of each of the vegetable subgroups once per week. True or False?
 - a. True
 - b. False

- 7) When planning meals and snacks, which item should you avoid?
 - a. Natural reduced-fat cheese
 - b. Fruit drinks
 - c. Pre-fried foods
 - d. Whole vegetables

- 8) This week's menu calls for processed meats on Monday and Tuesday. Does this practice meet the optional best practices guidelines?
- Yes
 - No
- 9) Flavored milk should contain no more than ____ grams of sugar per ____ fluid ounces to meet the optional best practice requirements.
- 23 grams of sugar per 8 fluid ounces
 - 22 grams of sugar per 8 fluid ounces
 - 8 grams of sugar per 22 fluid ounces
 - 10 grams of sugar per 8 fluid ounces
- 10) Throughout the day, offer and make water available to adults upon their request. True or False?
- True
 - False