



ASSESSMENTS

INFANT MEAL PATTERN REQUIREMENTS

A CACFP Meal Pattern Requirements
Supplemental Training



Institute of Child Nutrition

The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at The University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

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. The CACFP meal patterns include _____.
 - a. a greater variety of fruits and vegetables
 - b. additional whole grains and protein options
 - c. less added sugars
 - d. All of the above
2. How many times can a CACFP operator serve juice to infants in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day
3. Breast milk may be served to participants of any age. True or False?
 - a. True
 - b. False
4. Yogurt must contain no more than _____grams of added sugars per _____ ounces.
 - a. 10 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 12 grams, 6 ounces
 - d. 26 grams, 6 ounces
5. Breakfast cereals must contain no more than _____grams of added sugars per dry ounce.
 - a. three
 - b. five
 - c. six
 - d. thirteen
6. The infant meal pattern requirements allow ready-to-eat cereals to be served during _____.
 - a. breakfast
 - b. lunch
 - c. snack
 - d. None of the above
7. What are the two infant age groups?
 - a. birth through the end of 4 months and 5 months through the end of 11 months
 - b. birth through the end of 5 months and 6 months through the end of 11 months
 - c. birth through the end of 5 months and 6 months through the end of 12 months
 - d. birth through the end of 6 months and 7 months through the end of 11 months

8. Cheese foods and cheese spreads are creditable items. True or False?
 - a. True
 - b. False

9. Which frying method is not allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

10. Choose the correct statement regarding eggs and infant meals and snacks.
 - a. Only egg yolks are allowed as part of a reimbursable meal or snack.
 - b. Only whole eggs are allowed as part of a reimbursable meal or snack.
 - c. Only egg whites only are allowed as part of a reimbursable meal or snack.
 - d. Eggs are not allowed as part of a reimbursable meal or snack.

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. The CACFP meal patterns include _____.
 - a. a greater variety of fruits and vegetables
 - b. additional whole grains and protein options
 - c. less added sugars
 - d. All of the above
2. How many times can a CACFP operator serve juice to infants in a single day?
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 - c. 0 times per day
 - d. 4 times per day
3. Breast milk may be served to participants of any age. True or False?
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 - b. False
4. Yogurt must contain no more than _____grams of added sugars per _____ounces.
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 - c. 12 grams, 6 ounces
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6. The infant meal pattern requirements allow ready-to-eat cereals to be served during _____.
 - a. breakfast
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 - c. snack
 - d. None of the above
7. What are the two infant age groups?
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 - b. birth through the end of 5 months and 6 months through the end of 11 months
 - c. birth through the end of 5 months and 6 months through the end of 12 months
 - d. birth through the end of 6 months and 7 months through the end of 11 months

8. Cheese foods and cheese spreads are creditable items. True or False?
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 - c. Stir-frying
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