

CACFP Child Meal Pattern Requirements

Pre-/Post-Assessment



Comprehensive Pre-/Post-Assessments

1. True or False. A medical statement is required to serve a fluid milk substitute that is nutritionally equivalent to cow's milk.
 - a. True
 - b. False
2. What is the definition of a reimbursable meal in the CACFP?
 - a. A reimbursable meal includes any foods served to children, regardless of portion size or meal pattern requirements.
 - b. A reimbursable meal is any meal that contains at least one creditable meal component.
 - c. A reimbursable meal includes foods that meet general nutrition guidelines but do not follow the CACFP meal pattern requirements.
 - d. A reimbursable meal contains creditable foods (foods which credit toward the meal components) in the required amounts outlined in the CACFP meal patterns.
3. When serving two vegetables at lunch or supper, with one replacing the fruits component, which statement is true?
 - a. Two different types of vegetables must be served, such as roasted asparagus and baked sweet potato slices.
 - b. One type of vegetable may be served in two different forms, such as baked potatoes and mashed potatoes.
 - c. Three different types of vegetables must be served, such as roasted carrots, baked beans, and steamed broccoli.
 - d. Two fruits can replace two vegetables at a meal.
4. If grains are served at meals to children ages 1 year and older, how many times per day must a whole grain-rich item be served?
 - a. Zero
 - b. At least one
 - c. At least two
 - d. At least three
5. What must be included in a valid medical statement for a child with a disability in the CACFP?
 - a. A list of the child's favorite foods and a parent's signature
 - b. A statement from the parent/caregiver that the child has a food allergy and the foods to be avoided
 - c. A description of the child's impairment, how it restricts their diet, recommended accommodations, and a signature from a State licensed healthcare professional or registered dietitian
 - d. A list of preferred food substitutions

6. What type of milk must be served to a 1-year-old child?
 - a. Unflavored, Whole
 - b. Unflavored, Low-fat (1%)
 - c. Flavored, Fat-free (skim)
 - d. Flavored, Whole
7. What is the maximum number of times per week CACFP operators can serve a meat/meat alternate in place of the grains component at breakfast?
 - a. zero
 - b. one
 - c. two
 - d. three
8. Each day, a child care program serves two different groups of children: one group at breakfast and a different group at afternoon snack. Can this program count juice as one of the meal components for both groups? Choose the correct statement.
 - a. Yes, programs may count juice as one of the meal components at two different meals/snacks at least once a week.
 - b. No, programs are not allowed to serve juice to children as part of a reimbursable meal or snack.
 - c. No, programs are not allowed to count juice as one of the meal components at two different meals or snacks in a single day.
 - d. None of the above
9. What are the sugar limit requirements for breakfast cereals in the CACFP?
 - a. Cereals must contain no more than 6 grams of total sugar per dry ounce.
 - b. Cereals must contain no more than 6 grams of added sugars per dry ounce.
 - c. Cereals must contain no more than 12 grams of total sugars per 6 ounces.
 - d. Cereals must contain no more than 12 grams of added sugars per 6 ounces.
10. Which statement is correct regarding family style meal service?
 - a. Children must take every required meal component.
 - b. Children must take the minimum serving size of each meal component.
 - c. Children are not required to take all components or the minimum serving sizes.
 - d. Children must finish all food on their plates to meet the requirements.
11. Which of the following is NOT a creditable milk?
 - a. Sweetened condensed milk
 - b. Breast milk
 - c. Lactose-free milk
 - d. Whole milk
12. What are the sugar limit requirements for serving yogurt in the CACFP?
 - a. Yogurt must contain no more than 12 grams of added sugars per 6 ounces.
 - b. Yogurt must contain no more than 12 grams of total sugar per 6 ounces.
 - c. Yogurt must contain no more than 23 grams of added sugars per 6 ounces.
 - d. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

13. Which of the following statements about Child Nutrition (CN) labels is true?
- A CN label means the product is healthier than other options.
 - A CN label tells you how the food counts toward the meal pattern.
 - All commercially prepared items have a CN label.
 - CACFP operators must purchase only products with a CN label.
14. Which of the following is not a creditable meat/meat alternate?
- Nuts and seeds
 - Soy yogurt
 - Pork bacon
 - Eggs
15. Which of the following practices aligns with CACFP requirements for mealtimes?
- Encouraging children to try new foods without forcing them
 - Offering dessert as a reward for finishing vegetables
 - Withholding favorite foods if a child refuses to eat
 - Requiring children to eat all the food on their plates before leaving the table
16. Which of the following is NOT a creditable cheese?
- Natural cheese
 - Cheese product
 - Processed cheese
 - Cottage cheese
17. Which item is NOT whole grain-rich based solely on the product name?
- Multi-grain crackers
 - Whole wheat bun
 - Whole wheat macaroni product
 - Graham roll
18. Which item is NOT a grain-based dessert?
- Gingerbread cookies
 - Homemade granola bars
 - Toaster pastries
 - Cornbread
19. Which statement is correct regarding pre-plated or unitized meal service?
- Staff may portion out less than the minimum serving sizes.
 - Staff may serve each child only the components they request.
 - Staff place food on plates for children, ensuring all required meal components are served in at least their minimum required serving sizes.
 - Children may choose which components and how much of each component to place on their plate.
20. Which statement is correct regarding the Rule of Three for whole grain-rich items?
- Wheat flour must be the first ingredient on the label.
 - All ingredients must be whole grains.
 - The first ingredient (or second after water) must be a whole grain, and the next two grain ingredients (if any) must be whole grain, enriched, bran, or germ.
 - The first ingredient (or second after water) must be an enriched grain, and the next two ingredients must be whole grain, enriched, bran, or germ.

Lesson Pre/Post-Assessments

CACFP Meal Pattern Requirements Lesson Assessment

1. What is the definition of a reimbursable meal in the CACFP?
 - a. A reimbursable meal includes any foods served to children, regardless of portion size or meal pattern requirements.
 - b. A reimbursable meal is any meal that contains at least one creditable meal component.
 - c. A reimbursable meal includes foods that meet general nutrition guidelines but do not follow the CACFP meal pattern requirements.
 - d. A reimbursable meal contains creditable foods (foods which credit toward the meal components) in the required amounts outlined in the CACFP meal patterns.
2. Which combination of meal components meets the requirements for a reimbursable lunch or supper?
 - a. Fluid milk, meats/meat alternates, fruits, vegetables, and grains
 - b. Fluid milk, meats/meat alternates, two fruits, and grains
 - c. Fluid milk, fruits, vegetables, and two grains
 - d. Fruit juice, meats/meat alternates, fruits, vegetables, and grains
3. What must be included in a valid medical statement for a child with a disability in the CACFP?
 - a. A list of the child's favorite foods and a parent's signature
 - b. A statement from the parent/caregiver that the child has a food allergy and the foods to be avoided
 - c. A description of the child's impairment, how it restricts their diet, recommended accommodations, and a signature from a State licensed healthcare professional or registered dietitian
 - d. A list of preferred food substitutions
4. Which of the following statements about Child Nutrition (CN) labels is true?
 - a. A CN label means the product is healthier than other options.
 - b. A CN label tells you how the food counts toward the meal pattern.
 - c. All commercially prepared items have a CN label.
 - d. CACFP operators must purchase only products with a CN label.

Grains Component Lesson Assessment

1. If grains are served, how many times per day must a whole grain-rich item be served to children ages 1 and older?
 - a. Zero
 - b. At least one
 - c. At least two
 - d. At least three
2. What are the sugar limit requirements for breakfast cereals in the CACFP?
 - a. Cereals must contain no more than 6 grams of total sugar per dry ounce.
 - b. Cereals must contain no more than 6 grams of added sugars per dry ounce.
 - c. Cereals must contain no more than 12 grams of total sugars per 6 ounces.
 - d. Cereals must contain no more than 12 grams of added sugars per 6 ounces.
3. Which statement is correct regarding the Rule of Three for whole grain-rich items?
 - a. Wheat flour must be the first ingredient on the label.
 - b. All ingredients must be whole grains.
 - c. The first ingredient (or second after water) is whole grain, and the next two grain ingredients (if any) are whole grain, enriched, bran, or germ.
 - d. The first ingredient (or second after water) is an enriched grain, and the next two ingredients are whole grain, enriched, bran, or germ.
4. Which item is NOT whole grain-rich based solely on the product name?
 - a. Multi-grain crackers
 - b. Whole wheat bun
 - c. Whole wheat macaroni product
 - d. Graham roll
5. Which Federal agency provides a list of breakfast cereals that meet the added sugars limit in the CACFP?
 - a. National Institute of Child Health and Human Development (NICHD)
 - b. National Child Nutrition and Dietetics (NCND)
 - c. Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 - d. None of the above
6. Which item is NOT a grain-based dessert?
 - a. Gingerbread cookies
 - b. Granola bars
 - c. Toaster pastries
 - d. Cornbread

Milk Component Lesson Assessment

1. True or False. A medical statement is required to serve a fluid milk substitute that is nutritionally equivalent to cow's milk.
 - a. True
 - b. False
2. What type of milk must be served to a 1-year-old child?
 - a. Unflavored, Whole
 - b. Unflavored, Low-fat (1%)
 - c. Flavored, Fat-free (skim)
 - d. Flavored, Whole
3. What age group is allowed to be served flavored milk?
 - a. 3–5
 - b. 5–12
 - c. 1–12
 - d. 6–12
4. Milk is a required component at which meals/snacks?
 - a. Breakfast
 - b. Lunch/Supper
 - c. Snack
 - d. Both a and b
5. Which of the following is not a creditable milk?
 - a. Sweetened condensed milk
 - b. Breast milk
 - c. Lactose-free milk
 - d. Whole milk

Meats/Meat Alternates Component Lesson Assessment

1. Which of the following is not considered a bean, pea, or lentil?
 - a. Kidney beans
 - b. Green string beans
 - c. Chickpeas
 - d. Soybeans
2. What is the maximum number of times per week CACFP operators can serve a meat/meat alternate in place of the grains component at breakfast?
 - a. zero
 - b. one
 - c. two
 - d. three
3. What are the sugar limit requirements for serving yogurt in the CACFP?
 - a. Yogurt must contain no more than 12 grams of added sugars per 6 ounces.
 - b. Yogurt must contain no more than 12 grams of total sugar per 6 ounces.
 - c. Yogurt must contain no more than 23 grams of added sugars per 6 ounces.
 - d. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
4. Which of the following is NOT a creditable meat or meat alternate?
 - a. Nuts and seeds
 - b. Soy yogurt
 - c. Pork bacon
 - d. Eggs
5. Which of the following is NOT a creditable cheese?
 - a. Natural cheese
 - b. Cheese product
 - c. Processed cheese
 - d. Cottage cheese

Vegetables and Fruits Components Lesson Assessment

1. When serving two vegetables at lunch or supper, with one replacing the fruits component, which statement is true?
 - a. Two different types of vegetables must be served, such as roasted asparagus and baked sweet potato slices.
 - b. One type of vegetable may be served in two different forms, such as baked potatoes and mashed potatoes.
 - c. Three different types of vegetables must be served, such as roasted carrots, baked beans, and steamed broccoli.
 - d. Two fruits can replace two vegetables at a meal.
2. Each day, a child care program serves two different groups of children: one group at breakfast and a different group at afternoon snack. Can this program count juice as one of the meal components for both groups? Choose the correct statement.
 - a. Yes, programs may count juice as one of the meal components at two different meals/snacks at least once a week.
 - b. No, programs are not allowed to serve juice to children as part of a reimbursable meal or snack.
 - c. No, programs are not allowed to count juice as one of the meal components at two different meals or snacks in a single day.
 - d. None of the above
3. Which statement correctly describes how beans, peas, and lentils can be credited in a CACFP meal?
 - a. One serving of beans, peas, or lentils may credit as both a meat alternate and a vegetable in the same meal.
 - b. Beans, peas, and lentils may only credit as a vegetable in any meal.
 - c. Beans, peas, and lentils may only credit as a meat alternate in any meal.
 - d. When two different servings of beans, peas, or lentils are offered in separate dishes, one may credit as a meat alternate and the other as a vegetable in the same meal.
4. Which of the following snacks is creditable?
 - a. Kiwi and strawberries
 - b. Kiwi and carrots
 - c. Carrots and celery
 - d. None of the above, since vegetables and fruits are a combined component at snack.

Meal Service Lesson Assessment

1. Shawn is a cook in a large central kitchen. Today's menu is fried chicken, brown rice, peaches, green beans, and milk. Based on the CACFP requirements, can he deep-fat fry the chicken that is delivered to their child care sites?
 - a. Yes, only child care sites are not allowed to deep-fat fry foods.
 - b. Yes, central kitchens may deep-fat fry foods and deliver them to CACFP sites.
 - c. No, central kitchens are only allowed to deep-fat fry foods for at-risk afterschool programs.
 - d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
2. Which statement is correct regarding family style meal service?
 - a. Children must take every required meal component.
 - b. Children must take the minimum serving size of each meal component.
 - c. Children are not required to take all components or the minimum serving sizes.
 - d. Children must finish all food on their plates to meet the requirements.
3. True or False. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk.
 - a. True
 - b. False
4. Which of the following practices aligns with CACFP requirements for mealtimes?
 - a. Encouraging children to try new foods without forcing them
 - b. Offering dessert as a reward for finishing vegetables
 - c. Withholding favorite foods if a child refuses to eat
 - d. Requiring children to eat all the food on their plates before leaving the table
5. Which statement is correct regarding pre-plated or unitized meal service?
 - a. Staff may portion out less than the minimum serving sizes.
 - b. Staff may serve each child only the components they request.
 - c. Staff place food on plates for children, ensuring all required meal components are served in at least their minimum required serving sizes.
 - d. Children may choose which components and how much of each component to place on their plate.