Child and Adult Meal Pattern Requirements

A CACFP Meal Pattern Requirements Supplemental Training

Assessments

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Comprehensive Pre-Assessment

**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24–25 months may be served  ____________________.
   a. whole and low-fat (1%) milk only
   b. whole, breastmilk, and flavored reduced-fat (2%) milk
   c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
   d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages are nutritionally equivalent to cow’s milk. True or False?
   a. True
   b. False

3. In offer versus serve, a combination food contains ________________________________.
   a. more than one food item, from different food components that cannot be separated
   b. less than two food items, from different food components that cannot be separated
   c. more than two food items from the same food components
   d. less than three ingredients from different food components

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer ____________________.
   a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
   b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
   c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
   d. two types of vegetables from different sub-groups

5. When using offer versus serve at breakfast, CACFP operators offer__________________________ in the minimum serving sizes.
   a. four different food items
   b. three different food component
   c. two different food items from three different components
   d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
   a. Contains five grams of protein, appealing to children, and it contains four grams of protein
   b. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
   c. Commercially prepared, 100% soy product, and it contains three grams of protein
   d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein
7. During breakfast, CACFP operators may serve meat and meat alternates in place of grains a maximum of _____ time(s) per week.
   a. two
   b. three
   c. one
   d. zero

8. Yogurt must contain no more than _____ grams of sugar per ____ounces.
   a. 20 grams, 4 ounces
   b. 23 grams, 1 ounce
   c. 23 grams, 6 ounces
   d. 26 grams, 4 ounces

9. Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can this operator serve juice to both groups?
   a. Yes, operators may serve juice at two different meals at least once a week.
   b. No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
   c. No, operators may not serve juice at two different meals or snacks in a single day.
   d. None of the above

10. CACFP operators may serve flavored milk to ______ year olds.
    a. 3–5
    b. 5–12
    c. 1–12
    d. 6–12

11. When serving adult participants, CACFP operators may serve yogurt in place of milk _________ time(s) per day.
    a. one
    b. two
    c. zero
    d. three

12. Shawn is a cook at a large central kitchen. Today’s menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
    a. Yes, only child care sites are not allowed to have deep-fat fried 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 after school programs.
    d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.

13. Each day, at least ________ serving(s) of grains must be whole grain-rich.
    a. one
    b. three
    c. zero
    d. two
14. Breakfast cereals must contain no more than ________ grams of sugar per dry ounce.
   a. three
   b. five
   c. six
   d. thirteen

15. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk.
   True or False?
   a. True
   b. False
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Comprehensive Post-Assessment

Instructions: Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24–25 months may be served ________________.
   a. whole and low-fat (1%) milk only
   b. whole, breastmilk, and flavored reduced-fat (2%) milk
   c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
   d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages are nutritionally equivalent to cow’s milk. True or False?
   a. True
   b. False

3. In offer versus serve, a combination food contains _________________________________.
   a. more than one food item, from different food components that cannot be separated
   b. less than two food items, from different food components that cannot be separated
   c. more than two food items from the same food components
   d. less than three ingredients from different food components

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____________________.
   a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
   b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
   c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
   d. two types of vegetables from different sub-groups

5. When using offer versus serve at breakfast, CACFP operators offer _______________________ in the minimum serving sizes.
   a. four different food items
   b. three different food component
   c. two different food items from three different components
   d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
   a. Contains five grams of protein, appealing to children, and it contains four grams of protein
   b. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
   c. Commercially prepared, 100% soy product, and it contains three grams of protein
   d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein
7. During breakfast, CACFP operators may serve meat and meat alternates in place of grains a maximum of _____ time(s) per week.
   a. two
   b. three
   c. one
   d. zero

8. Yogurt must contain no more than _____ grams of sugar per ______ounces.
   a. 20 grams, 4 ounces
   b. 23 grams, 1 ounce
   c. 23 grams, 6 ounces
   d. 26 grams, 4 ounces

9. Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can this operator serve juice to both groups?
   a. Yes, operators may serve juice at two different meals at least once a week.
   b. No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
   c. No, operators may not serve juice at two different meals or snacks in a single day.
   d. None of the above

10. CACFP operators may serve flavored milk to ______ year olds.
    a. 3–5
    b. 5–12
    c. 1–12
    d. 6–12

11. When serving adult participants, CACFP operators may serve yogurt in place of milk __________ time(s) per day.
    a. one
    b. two
    c. zero
    d. three

12. Shawn is a cook at a large central kitchen. Today’s menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
    a. Yes, only child care sites are not allowed to have deep-fat fried 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 after school programs.
    d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.

13. Each day, at least ________ serving(s) of grains must be whole grain-rich.
    a. one
    b. three
    c. zero
    d. two
14. Breakfast cereals must contain no more than ________ grams of sugar per dry ounce.
   a. three
   b. five
   c. six
   d. thirteen

15. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk.
   True or False?
   a. True
   b. False
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Milk Component Updates

Pre-Assessment

Instructions: Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24–25 months may be served ___________________.
   a. whole and low-fat (1%) milk only
   b. whole, breastmilk, and flavored reduced-fat (2%) milk
   c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
   d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages are nutritionally equivalent to cow’s milk. True or False?
   a. True
   b. False

3. CACFP operators may serve flavored milk to ______ year olds.
   a. 3–5
   b. 5–12
   c. 1–12
   d. 6–12

4. When serving adult participants, CACFP operators may serve yogurt in place of milk __________ time(s) per day.
   a. two
   b. one
   c. zero
   d. three

5. When serving flavored water, CACFP operators must make plain water available to all participants. True or False?
   a. True
   b. False
Milk Component Updates

Post-Assessment

Instructions: Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24–25 months may be served ____________________.
   a. whole and low-fat (1%) milk only
   b. whole, breastmilk, and flavored reduced-fat (2%) milk
   c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
   d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages are nutritionally equivalent to cow’s milk. True or False?
   a. True
   b. False

3. CACFP operators may serve flavored milk to _______ year olds.
   a. 3–5
   b. 5–12
   c. 1–12
   d. 6–12

4. When serving adult participants, CACFP operators may serve yogurt in place of milk _________ time(s) per day.
   a. two
   b. one
   c. zero
   d. three

5. When serving flavored water, CACFP operators must make plain water available to all participants. True or False?
   a. True
   b. False
Meat and Meat Alternates Component Updates

Pre-Assessment

Instructions: Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than _____ grams of sugar per ______ounces.
   a. 20 grams, 4 ounces
   b. 23 grams, 1 ounce
   c. 23 grams, 6 ounces
   d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
   a. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
   b. Contains five grams of protein, appealing to children, and it contains four grams of protein
   c. Commercially prepared, 100% soy product, and it contains three grams of protein
   d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein

3. Which item is a non-creditable yogurt product?
   a. Drinkable yogurt
   b. Homemade yogurt
   c. Yogurt flavored products
   d. All of the above

4. During breakfast, CACFP operators may serve meat and meat alternates in place of grains a maximum of _____ times per week.
   a. two
   b. three
   c. one
   d. zero
Meat and Meat Alternates Component Updates

Post-Assessment

Instructions: Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than _____ grams of sugar per ______ ounces.
   a. 20 grams, 4 ounces
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   a. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
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   d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein

3. Which item is a non-creditable yogurt product?
   a. Drinkable yogurt
   b. Homemade yogurt
   c. Yogurt flavored products
   d. All of the above

4. During breakfast, CACFP operators may serve meat and meat alternates in place of grains a maximum of _____ times per week.
   a. two
   b. three
   c. one
   d. zero
1. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer ________________.
   a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
   b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
   c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
   d. two types of vegetables from different sub-groups

2. If a juice blend has slightly more fruit than vegetable, it can credit as either a fruit or a vegetable. True or False?
   a. True
   b. False

3. Vegetables and fruits are a single component at ________________.
   a. breakfast
   b. lunch
   c. snack
   d. supper

4. Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can the operator serve juice to both groups?
   a. Yes, operators may serve juice at two different meals at least once a week.
   b. No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
   c. No, operators may not serve juice at two different meals or snacks.
   d. None of the above

5. Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
   a. The meal with the highest reimbursement rate that contains juice
   b. The meal with the lowest reimbursement rate that does not contain juice
   c. All meals and snacks in which the juice was served
   d. The meal or snack with the lowest reimbursement rate that contains juice
Vegetable and Fruit Component(s) Updates

Post-Assessment

Instructions: Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer ________________.
   a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
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   c. snack
   d. supper

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   d. None of the above

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   a. The meal with the highest reimbursement rate that contains juice
   b. The meal with the lowest reimbursement rate that does not contain juice
   c. All meals and snacks in which the juice was served
   d. The meal or snack with the lowest reimbursement rate that contains juice
Grains Component Updates

Pre-Assessment

**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. Which item is not a grain-based dessert?
   a. Cinnamon breakfast round
   b. Strawberry granola bar
   c. English muffin
   d. Sweet potato pie

2. Each day, at least ________ serving(s) of grains must be whole grain-rich.
   a. one
   b. three
   c. zero
   d. two

3. Breakfast cereals must contain no more than ________ grams of sugar per dry ounce.
   a. three
   b. five
   c. six
   d. thirteen

4. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional’s Exhibit A with a superscript ______________________________.
   a. 1 and 2
   b. 2 and 3
   c. 3 and 4
   d. 4 and 5

5. When using the rule of three, disregard any ingredients after the words “contains 2% or less.” True or False?
   a. True
   b. False
Grains Component Updates

Post-Assessment

Instructions: Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. Which item is not a grain-based dessert?
   a. Cinnamon breakfast round
   b. Strawberry granola bar
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   d. Sweet potato pie

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   b. three
   c. zero
   d. two

3. Breakfast cereals must contain no more than ________ grams of sugar per dry ounce.
   a. three
   b. five
   c. six
   d. thirteen

4. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional’s Exhibit A with a superscript ______________________________.
   a. 1 and 2
   b. 2 and 3
   c. 3 and 4
   d. 4 and 5

5. When using the rule of three, disregard any ingredients after the words “contains 2% or less.” True or False?
   a. True
   b. False
Pre-Assessment

Instructions: Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk. True or False?
   a. True
   b. False

2. When using offer versus serve at breakfast, CACFP operators offer___________________________ in the minimum serving sizes.
   a. four different food items
   b. three different food component
   c. two different food items from three different components
   d. four different food components

3. Requiring children to finish eating all of their food is a form of punishment in the CACFP. True or False?
   a. True
   b. False

4. Shawn is a cook at a large central kitchen. Today’s menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
   a. Yes, only child care sites are not allowed to have deep-fat fried 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 after school programs.
   d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
Post-Assessment

Instructions: Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk. True or False?
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   b. False

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   c. No, central kitchens are only allowed to deep-fat fry foods for at-risk after school programs.
   d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
Answer Key

Comprehensive Assessment
1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
2. B. False
3. A. more than one food item, from different food components that cannot be separated
4. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
5. A. four different food items
6. B. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
7. B. three
8. C. 23 grams, 6 ounces
9. C. No, operators may not serve juice at two different meals or snacks in a single day.
10. D. 6–12
11. A. one
12. D. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
13. A. one
14. C. six
15. B. False

Milk Component Updates
1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
2. B. False
3. D. 6–12
4. B. one
5. A. True

Meat and Meat Alternates Component Update
1. C. 23 grams, 6 ounces
2. A. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
3. D. All of the above
4. C. one

Vegetable and Fruit Component(s) Updates
1. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
2. B. False
3. A. breakfast
4. C. No, operators may not serve juice at two different meals or snacks.
5. D. The meal or snack with the lowest reimbursement rate that contains juice

Grains Component Updates
1. C. English muffin
2. A. one
3. C. six
4. C. 3 and 4
5. A. True

Child and Adult Meal Service Updates
1. B. False
2. D. four different food components
3. A. True
4. D. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
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