



Please print clearly

Date:	Name: _____	Provider #: _____ <small>(if applicable)</small>
	Center Name: _____	Center #: _____ <small>(3 digits)</small>
	Address: _____	
	City: _____	State: _____ Zip: _____

Please fill out the test by hand.

1. A healthy diet provides:

a) Essential nutrients	b) Energy to prevent nutritional deficiencies
c) A variety of foods	d) All of the above

2. Of the following, what is NOT a correct form of presenting favorable food attitudes?

a) Be sensitive to children's needs	b) Get children interested and involved
c) Make eating a pleasure	d) Help children feel ready to eat
e) Enforce negative feelings	

3. What are the six essential nutrients needed for growth and development?
 (May have multiple answers)

a) Carbohydrates	b) Protein	c) Fat	d) Vitamins
e) Minerals	f) Water	g) All of the above	

4. What are the most common food allergies in children? (May have multiple answers)

a) Peanuts	b) Eggs	c) Milk	d) Nuts
e) Soy	f) Wheat	g) All of the Above Other: _____	

5. What are some symptoms of lactose intolerance? (May have multiple answers)

a) Gas	b) Bloating	c) Abdominal pains
d) Nausea	e) Fatigue	f) Facial swelling

6. Children under two are allowed to drink _____ milk, but children over two must drink _____ milk.

7. What are the five major food groups of the Food Guide Pyramid?
 - a) Grains, vegetables, fruits, milk, and meat
 - b) Carbohydrates, protein, fat, vitamins, minerals, water
 - c) Healthy variety of foods, daily exercise, adequate consumption of water
 - d) None of the above

8. Good nutrition is having the calories we need for energy and the nutrients essential for proper growth, resistance to diseases and infections, and prevention of deficiencies.
 TRUE or FALSE



9. It is not important to keep hot foods hot and cold foods cold.
 TRUE or FALSE
10. Foods contain sugars in various forms.
 TRUE or FALSE
11. Children over two years of age are allowed to drink 2% or whole milk without a doctor's note.
 TRUE or FALSE
12. It is important to always watch children during meals and snacks to make sure they do not choke.
 TRUE or FALSE
13. Overweight children are usually not placed on calorie-restricted weight loss diets.
 TRUE or FALSE

What are the steps for Successful Menu Planning?

Please match the appropriate step to each description

- | | |
|---|--------|
| 14. _____ Think about changes you want to make | Step 1 |
| 15. _____ Evaluate what you have planned | Step 2 |
| 16. <u>Step 1</u> Schedule a time to plan menus; collect menu resources | Step 3 |
| 17. _____ Select a timeframe | Step 4 |
| 18. _____ Select the main dish | Step 5 |
| 19. _____ Select the other food item or items | Step 6 |

Understanding How Children Develop

Please match the appropriate letter to each description

- | | |
|--|----------------------|
| 20. _____ Physical growth is not as rapid anymore. Children can be a handful due to their high energy level. | a. Birth to 6 months |
| 21. _____ Physical growth is tremendous during this stage. Children develop likes and dislikes for people and for what they eat. | b. 7 to 12 months |
| 22. _____ This is a time of rapid growth. Holding and cuddling are very important, and they cannot be "spoiled" by care providers. | c. At 1 year old |
| 23. _____ Eye-hand coordination becomes more refined. Children's vocabulary increase tremendously. | d. At 2 years old |
| 24. _____ Children begin to recognize their own name and can make two to three word sentences | e. At 3 years old |
| 25. _____ Children want more freedom and independence to explore their abilities. Verbal skills continue to expand rapidly. | f. At 4 years old |
| 26. _____ Independence continues to be an important issue. Children's attention span continues to grow. They can carry on lengthy discussions. | g. At 5 years old |



Use the chart in Appendix G to put the definitions with the correct Nutrient Description

Please match the appropriate label to each description

27. _____ The reference amount contains 20% or more of the Daily Value for a particular nutrient. a) Free
b) Low
28. _____ The reference amount contains no more than 40 calories; 140 mg sodium; 3 g fat. c) Lean
d) Extra Lean
29. _____ The food contains 25% less of a nutrient or 25% fewer calories than a reference food. e) High
30. _____ The reference amount contains less than 5 g fat, 2 g saturated fat, and 95 mg cholesterol. f) Good source
g) Reduced
31. _____ The reference amount used on the food label contains none or a very small amount: less than 5 calories; less than 5 mg sodium; less than 0.5 g total fat and saturated fat; less than 2 mg cholesterol or 0.5 g sugar. h) Less
i) Light
32. _____ The reference amount of meat, poultry, seafood, and game meats contains less than 10 g fat, 4.5 g saturated fat, and 95 mg cholesterol. j) More
k) % Fat free
33. _____
1) An altered food contains 1/3 fewer calories or contains 50% of the fat in a reference food; if 50% or more of the calories come from fat, the reduction must be 50% of the fat; or
2) The sodium content of a low-calorie, low-fat food has been reduced by 50%; or
3) The term describes such properties as texture and color, as long as the label explains the intent (for example, "light brown sugar" or "light and fluffy"). l) Healthy
m) Fresh
34. _____ The reference amount contains 10% to 19% of the Daily Value for a particular nutrient.
35. _____ The reference amount of a nutritionally altered product contains 25% less of a nutrient or 25% fewer calories than a reference food. "Reduced" cannot be used if the reference food already meets the requirement for a "low" claim.
36. _____ A product must be low-fat or fat-free, and the percentage must accurately reflect the amount of fat in 100 g of a food. Thus, 2.5 g of fat in 50 g of food results in a "95% fat-free" claim.
37. _____ A serving contains at least 10% more of the Daily Value of a nutrient than a reference food.
38. _____
1) A food is raw, has never been frozen or heated, and contains no preservatives; or
The term accurately describes the product (for example, "fresh milk," or "freshly baked bread").
39. _____ A food is low in fat and saturated fat, and a serving contains no more than 480 mg sodium and no more than 60 mg of cholesterol.



***** Bonus: Complete the Appendix I Evaluation on your child care facility: (5 points extra!)**

Evaluate your menus by asking yourself questions like the following...

GENERAL CHECKLIST

1. Meal Requirements

Do menus meet the minimum requirements of the CACFP meal pattern? Yes No

2. Foods Selected

Do the food choices have appealing colors and textures? Yes No

Do the menus have foods with different shapes, sizes, and colors? Yes No

Do the menus complement each other? Yes No

Have you incorporated seasonal foods and USDA commodities if you receive them? Yes No

Have you introduced any new food items? Yes No

3. Staffing and Equipment

Can some preparation safely be done ahead? Yes No

Can you prepare and serve meals with available equipment? Yes No

Are oven and surface-cooking areas adequate for items planned? Yes No

4. Cost

Have you considered cost? Yes No

Do high and low cost foods balance in menus? Yes No

5. Menus, Recipes, and Other Food Service Records

Have you specified the standardized recipes, preparation techniques, and processed foods to be used? Yes No

Are portion sizes stated in correct amounts? Yes No

Have you listed on the menu the condiments to be served? Yes No

6. Special Considerations

Is a vitamin C food included two to three times a week? Yes No

Are vitamin A foods included two to three times per week? Yes No

Are iron-rich foods included each day? Yes No

Are whole-grain products offered at least once a week? Yes No

Are assorted dry cereals offered at least once a week? Yes No

Are fresh fruits or vegetables offered on several different days? Yes No

By signing and dating this form, you are agreeing that you have filled out this test to the best of your ability.

_____ *Signature*

_____ *Date*

Do not write below this line

DATE CREDIT IS ASSIGNED

PROGRAM REPRESENTATIVE

CREDIT HOURS