



Please print clearly

Date:

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

Please fill out the test by hand.

1. TRUE or FALSE Cycle menus will save time and should last at least three weeks.
2. TRUE or FALSE It is okay to plan to serve the same food several days in a row. This keeps the food from being wasted.
3. TRUE or FALSE You must serve meat every day and cannot substitute other alternates such as peanut butter, cheese, beans and peas, or fish.
4. TRUE or FALSE You need to serve one good source of Vitamin C daily.
5. TRUE or FALSE You need to serve one good source of Vitamin A once a week.
6. TRUE or FALSE Most fresh fruits and vegetables should be refrigerated promptly.
7. TRUE or FALSE Refrigerator temperatures should be between 40°F and 50°F and freezers should be below 32°F.
8. TRUE or FALSE The longer you cook vegetables, the more nutritious they become.
9. TRUE or FALSE You should wash your hands every time before starting meal preparation.



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- 10. TRUE or FALSE You should not smoke where food is prepared, stored, or served, and you should wash your hands after smoking.

 - 11. TRUE or FALSE Hot foods must be kept above 100°F to kill bacteria.

 - 12. TRUE or FALSE Cold foods must be kept below 45°F to stop bacterial growth.

 - 13. TRUE or FALSE Dishes should be air dried, not towel dried.

 - 14. TRUE or FALSE The peak harvest month for strawberries is August.

 - 15. TRUE or FALSE It is okay to put food back in the refrigerator as leftovers that children left on their plats.

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