



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. Which of the following is not a creditable meat component?

a) Tuna	b) Eggs
c) Dried Beans	d) String Beans
e) All of the above	f) None of the Above
2. The nutrients children need include:

a) Protein	b) Fat intake
c) Carbohydrates	d) Vitamins & Minerals
e) All of the Above	f) A, C, & D
3. According to the 2010 Dietary Guidelines, children over 2yrs are **NOT** allowed to drink:

a) Skim milk	b) 2%
c) Whole milk	d) Low-fat Milk or 1%
e) C & B	f) All of the Above
4. According to the *Food Buying Guide*, which of the following is to be served only twice a week for snack?

a) Cookies	b) Sweet rolls
c) Brownies	d) Crackers
e) A, B, & C	f) All of the Above
5. Vitamin A must be served every day.
 TRUE or FALSE
6. Eggs may be used as a meat alternate.
 TRUE or FALSE
7. You are allowed to serve ready-to-eat cereals with no more than 10 grams of sugar per serving.
 TRUE or FALSE
8. Children like shapes and colors so a good way to get them to eat is by serving "designer snacks".
 TRUE or FALSE
9. Two snack components can be fluid.
 TRUE or FALSE
10. Children know they can't have sweets so it's okay for the caregiver to eat sweets in front of them.
 TRUE or FALSE
11. One good source of Vitamin C must be served every day.
 TRUE or FALSE
12. You still have to serve juice or milk with a snack even if you have two of the four meal components.
 TRUE or FALSE
13. According to the Department of Agriculture, potatoes are considered a grain.
 TRUE or FALSE



14. Juice has to be full strength or reconstituted in order to be a Vegetable/Fruit component for snack.

TRUE or FALSE

15. Using sweets as a bribe or withholding them as punishment is an acceptable form of discipline.

TRUE or FALSE

For the following choices, put a ✓ if the components meet two of the four items needed for a snack.

- | | |
|---|--|
| 18. _____ Apple w/ Peanut butter | 22. _____ Strawberry jam and whole wheat toast |
| 19. _____ 100% Fruit juice popsicles with graham crackers | 23. _____ Dry cereal with milk |
| 20. _____ Popcorn and Low-fat Milk | 24. _____ Fresh raw vegetables w/ yogurt dip |
| 21. _____ Sherbet and Vanilla Wafers | 25. _____ Shredded Coconut w/ Pineapple juice |

Match the appropriate function to each nutrient.

- | | |
|---------------------|----------------------------|
| 26. Iron _____ | A. Strong immune system |
| 27. Calcium _____ | B. Helps energy release |
| 28. Vitamin E _____ | C. Maintains fluid balance |
| 29. Magnesium _____ | D. Carries oxygen to cells |
| 30. Potassium _____ | E. Prevents osteoporosis |

***Bonus! (No points deducted)**

Match the appropriate vitamin/mineral to its source. May have multiple answers.

- | | |
|--------------------------|-----------|
| 31. Parsley _____ | Vitamin A |
| 32. Whole Grains _____ | Vitamin C |
| 33. Cheese _____ | Calcium |
| 34. V-8 Juice _____ | Iron |
| 35. Apples _____ | |
| 36. Sweet Potatoes _____ | |
| 37. Asparagus _____ | |
| 38. Shellfish _____ | |

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