

Neatly **Print** Your Name: \_\_\_\_\_  
(one person per quiz, copy quiz as needed)

## New CACFP Meal Patterns Training Quiz

**1) Which of the following will be allowed under the new meal patterns that are not currently allowed for infants?**

- A Cheese and Cottage Cheese
- B Formula and Breast Milk
- C Whole Eggs and Yogurt
- D Hot Dogs and Fish Sticks

**2) Which of the following is NOT a change that is being made to the fruit/vegetable component in the new meal pattern?**

- A Fruits and vegetables will be separated into a fruit component and a vegetable component.
- B Juice will be limited to no more than one serving per day.
- C Centers will not be allowed to serve two fruit items for lunch or supper (unless a vegetable item is also served for the same meal).
- D Centers will be allowed to serve two vegetables at lunch or supper (even if no fruit is served).

**3) True or False: Whole grain rich is defined as foods that contain at least 50% whole grains and the rest (of the grains) are enriched or contain 100% whole grains.**

- A True
- B False

**4) Which of the following statements is not true?**

- A The new meal patterns will require at least one grain each day to be whole grain rich.
- B Grain based desserts will no longer be allowed under the new meal pattern.
- C Under the new meal pattern, breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- D All of the above statements are true.

**5) True or False: The new meal patterns do not allow tofu to be a creditable meat alternate item.**

- A True
- B False

**6) Under the new meal patterns, how many times per week would a center or provider be allowed to replace the grain component at breakfast with a meat or meat alternate item?**

- A Once
- B Twice
- C Three times
- D There is no limit.

**7) What is the maximum number of grams of sugar that a 6-ounce serving of yogurt may contain under the new meal patterns?**

- A 30 grams
- B 27 grams
- C 23 grams
- D 19 grams

**8) True or False: Under the new meal pattern, whole, unflavored milk will still just be recommended (not required) for children who are one year of age.**

- A True
- B False

**9) Which of the following is a change (under the new meal pattern) to the current requirements for fluid milk for children ages 2 and older?**

- A Low-fat or fat free milk must be served.
- B 2% and whole milk are not allowed.
- C Milk must be served in its fluid form.
- D Flavored milk is prohibited for children ages 0-5; for children ages 6 and older, it is a best practice that flavored milk contains no more than 22 grams of sugar per 8 fluid ounces.

**10) True or False: Deep fat frying will not be allowed as an on-site food preparation method.**

- A True
- B False

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Signature of Individual (only one person may sign each quiz)

Agency Name