

Child and Adult Care Food Program (CACFP)
New Meal Pattern Home Study Test

Provider Number: _____ Provider Name: _____

Contact e-mail or address: _____

Please review the Meal Pattern video training and answer the following questions. When completed, return this form to Western Dairyland by email at cacfp@wdeoc.org , fax at 715-836-7580 or mail at 418 Wisconsin Street, Eau Claire, WI 54703 Attn: Meghan no later than September 22nd, 2017.

Questions are in the following formats:

- *True/False:* if false, correct the statement on the line provided
- *Multiple Choice:* some questions say, 'Check all that apply' meaning there may be more than one correct answer that needs to be circled
- *Calculation:* write the correct answer on the line provided

Certification and Signature of Completion:

I have reviewed the *FDCH CACFP New Meal Pattern Home Study* and answered the 34 questions within this Home Study Test.

Provider Signature	Date

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Milk

1. Milk served to 1-year old children can be unflavored whole milk or unflavored fat-free milk.
 - a. True
 - b. False: _____
2. If you are serving milk to a mixed age group of 1 & 2 year olds it is acceptable to serve 1% milk to all children.
 - a. True
 - b. False: _____
3. What type of milk can be served to children 2 years and older?
 - a. Skim, 1%, or 2%
 - b. Skim or 1%
 - c. 2%
 - d. Whole
4. Flavored milk may only be served to the following age group(s):
 - a. Infants
 - b. 3-5 years
 - c. 6-18 years

Meat / Meat Alternate

5. During the breakfast meal, programs may serve a meat/meat alternate in place of the entire grain component five times per week.
 - a. True
 - b. False: _____
6. Tofu and soy yogurt are creditable in the CACFP.
 - a. True
 - b. False: _____
7. 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

Use the Nutrition Facts Label to the right to complete the sugar calculation to determine if this yogurt meets the sugar limits.

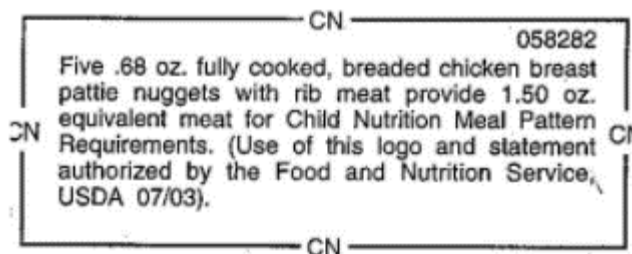
8. Write your answer here: _____
9. Is this yogurt creditable?
 - a. Yes
 - b. No
10. What documentation must you keep for store-bought combination foods until the end of the day (i.e. fish sticks, pizza, chicken nuggets, meatballs, ravioli)?
 - a. Nutrition Facts Label
 - b. Child Nutrition (CN) Label or Product Formulation Statement (PFS)
 - c. Ingredient List

Nutrition Facts	
Serving Size 2.5 oz (70g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 2g	4%

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11. Use the CN label to determine how many to serve to a child in each age group.

- a. 1 & 2 year olds: _____
- b. 3-5 year olds: _____
- c. 6-18 year olds: _____



Fruit and Vegetable

12. A vegetable is required to be served at lunch and supper.

- a. True
- b. False: _____

13. The following lunch/supper meals are claimable. Circle all that apply.

- a. Chicken, apples, pears, bread, milk
- b. Chicken, apples, carrots, bread, milk
- c. Chicken, broccoli, carrots, bread, milk
- d. Chicken, tomato soup, carrots, crackers, milk

14. How many times can a CACFP program serve juice, 100% fruit or vegetable, in a single day?

- a. 0 times per day
- b. 1 time per day
- c. 3 times per day
- d. 4 times per day

15. Juice may be served more than once per day if serving to different groups of participants.

- a. True
- b. False: _____

16. A claimable snack may include a fruit and a vegetable as the two components.

- a. True
- b. False: _____

Grains

17. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.

- a. 3
- b. 5
- c. 6
- d. 13

Use the Nutrition Facts Label to the right to complete the sugar calculation to determine if this cereal meets the sugar limits.

18. Write your answer here: _____

19. Is this cereal creditable?

- a. Yes
- b. No

20. Grain-based desserts may be served at snack a max of two times per week.

- a. True
- b. False: _____

Nutrition Facts	
Serving Size 1 cup (32g)	
Servings Per Container 9	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 50mg	1%
Sodium 160mg	7%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	2%

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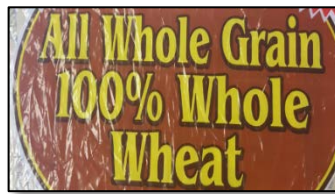
21. The following are examples of grain-based desserts. Circle all that apply.

- a. Cereal Bars, Granola Bars
- b. Cheese Flavored Crackers, Soda Crackers
- c. French Toast, Waffles
- d. Muffins, Quick Breads

22. Each day, at least _____ serving(s) of grains must be whole grain-rich.

- a. 0
- b. 1
- c. 2
- d. 3

23. Based on the following product packages, which items could be used as the whole grain-rich (WGR) item?
Circle all that apply.



24. Using the ingredients to the right, is this item WGR?

- a. Yes
- b. No
- c. Don't know - need to obtain a Product Formulation Statement

Honey Oat Bread

INGREDIENTS: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Water, Whole Grain Oats, Yeast, Honey, Nut Blend (Hazelnuts, Cashews, Almonds, Brazilnuts, Walnuts), Brown Sugar,

25. Using the ingredients to the right, is this item WGR?

- a. Yes
- b. No
- c. Don't know - need to obtain a Product Formulation Statement

Multi Grain Bread

Ingredients: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Water, Whole Wheat flour, Oats, Triticale, Amaranth, Rye, Wheat Germ, Flax Seeds, Sunflower Seeds, Cornmeal

26. Is this recipe WGR?

- a. Yes
- b. No

Whole Wheat Muffins

Ingredients

1 cup flour (all purpose)
1 cup whole wheat flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown sugar (firmly packed, or white sugar)
1 cup milk, low-fat (1%)
2 egg

Cooking Methods

27. Deep-fat frying cannot be used to prepare meals on-site. What is the definition of deep-fat frying? Circle all that apply.

- a. Submerging foods in hot oil or other fat
- b. Pan-frying in a small amount of fat
- c. Stir-frying in a small amount of very hot fat

Infants

28. When can a program claim an infant's meal when the mom breastfeeds her child onsite? Circle all that apply.

- a. Infant is only receiving breastmilk from mom

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- b. Infant is receiving breastmilk from mom and eating all program supplied foods
 - c. Infant is receiving breastmilk from mom and eating one or more parent supplied foods
29. Once an infant is developmentally ready for and offered foods at meals, only one of the components must be supplied by the program to claim meals.
- a. True
 - b. False: _____
30. Infants who are developmentally ready for solid foods at any age must be offered program provided foods.
- a. True
 - b. False: _____
31. The following foods are creditable in the CACFP for infants. Circle all that apply.
- a. Yogurt and whole eggs
 - b. Cheese Food and Cheese Spread
 - c. Juice
 - d. Tofu and Soy Yogurt
32. Which foods are creditable at snack for infants? Circle all that apply.
- a. Iron-fortified infant cereal
 - b. Ready-to-eat breakfast cereals
 - c. Fruits and vegetables
 - d. Bread/Crackers
33. What foods are creditable at breakfast for infants? Circle all that apply.
- a. Iron-fortified infant cereal
 - b. Pancakes, waffles, toast, ready-to-eat cereal
 - c. Eggs, yogurt, cheese
 - d. Bananas, applesauce, sweet potatoes
34. As a participant on the CACFP, even if you are not claiming infant meals, what food(s) must your program offer to all infants? Circle all that apply.
- a. None, the parent can be asked to provide formula and foods
 - b. A minimum of one type of iron-fortified infant formula
 - c. Multiple types of iron-fortified infant formula
 - d. Iron-fortified Infant Cereal, Fruits, Vegetables, Meats, and Grains in the appropriate texture