

New Meal Pattern Training Quiz

- Which meal components have a daily minimum? (check all that apply)
 - Fruits
 - Vegetables
 - Grains
 - Meat/Meat Alternate
 - Fluid Milk
- Which is the calorie range for grades 9-12?
 - 550-650
 - 600-700
 - 750-850
 - 800-900
- What is the minimum amount of red/orange vegetables that need to be offered to grades 6-8 on a weekly basis?
 - $\frac{1}{4}$ cup
 - $\frac{1}{2}$ cup
 - $\frac{3}{4}$ cup
 - $1\frac{1}{4}$ cup
- True or False: The weight of meat in ounces is always equal to the credible ounce equivalents.
- For Ham with water added _____ ham provides 1 oz eq.
 - 1 oz
 - 1.22 oz
 - 1.5 oz
 - 1.83 oz
- For dry beans and peas _____ is equal 1 oz eq.
 - $\frac{1}{4}$ cup
 - $\frac{1}{2}$ cup
 - 4 oz
 - 8 oz
- What is a standard of identity?
 - Minimum requirement for a food product to carry a name on a product
 - Specific goals for improvement
 - Portion of the non-protein constituents of the food that are removed
 - Identification of a reimbursable meal
- How much whole grain must a product contain to be considered whole grain-rich?
 - At least 10%
 - At least 25%
 - At least 50%
 - 100%

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9. Using the exhibit A is _____ to determine the oz eq (ounce equivalents) to credit for a specific grain item.
- the only way
 - one way
10. How much does a 12 gram cookie with chocolate pieces credit for?
- ¼ oz eq
 - ½ oz eq
 - ¾ oz eq
 - It does not credit
11. True or False: Up to half of the fruit offering may be in the form of juice.
12. One cup of _____ credits as half a cup of vegetable.
- | | |
|---|----------------------------------|
| <input type="checkbox"/> starchy vegetables | <input type="checkbox"/> beans |
| <input type="checkbox"/> leafy green vegetables | <input type="checkbox"/> avocado |
13. True or False: You can offer either a fruit or vegetable and you don't have to offer both each day.

Put your name and school on the top of the quiz.

Fax completed quiz to 801-538-7883
Subject: Nutrient Analysis Training
Attn: Child Nutrition Programs