

## How to Read Your Analysis NSMP Training Quiz

---

1. True or False: Regardless of the menu planning option a school follows, the menu is analyzed for compliance with the nutrient requirements.
2. If the nutrient analysis shows the menu does not meet the required dietary goals, it must be corrected \_\_\_\_\_ menus are served.  
 after  before
3. True or False: A Menu Planner for Healthy School Meals is a good tool to refer to for questions regarding nutrient analysis.
4. What does the nutrient analysis point out? (check all that apply)  
 all menu items and portion sizes being analyzed  
 all nutrients of concern when it comes to school lunch  
 nutrient information provided each day for each item  
 weekly nutrient averages  
 all of the above
5. Mistakes can occur when completing a nutrient analysis. Which of the following is a common mistake?  
 menu analyzed for wrong age/grade group  
 correct portion sizes were used  
 condiments were included in the analysis
6. True or False: According to federal requirements, menus (at a minimum) must meet at least 100% of calories, iron, protein, vitamin A, and vitamin C for the approved age or grade group.
7. An \_\_\_\_\_ message will be shown on the nutrient analysis when a requirement has not been met.  
 approved  error
8. True or False: It is not necessary to make corrections to the nutrient analysis before submitting it to the state agency.
9. The nutrient analysis should be reanalyzed when: (check all that apply)  
 menu changes occurred 2 weeks before being served  
 food items or food products have changed  
 production quantities changed  
 all of the above
10. True or False: During a review, the state will validate the nutrient analysis by: observing the meal service, ensuring appropriate serving sizes were used, comparing production records to the nutrient analysis, and review nutrition labels/CN labels.

## How to Read Your Analysis NSMP Training Quiz

---

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