

QUIZ Meal Pattern Life in 3D: Knowing our Guidelines

1. How many age groups are there for infants? _____

What are the age groups? _____

2. TRUE OR FALSE? You can serve juice at meal times instead of milk as much as you would like throughout the day as long as it is 100% juice .

_____ TRUE _____ FALSE

3. When looking for a whole grain-rich food, what should be the first ingredient listed on the food label? Examples are?

4. TRUE OR FALSE? If product packaging says multigrain or made with whole grains, the product is always considered whole grain-rich.

_____ TRUE _____ FALSE

5. TRUE OR FALSE? A whole grain-rich item must be served daily at dinner.

_____ TRUE _____ FALSE

6. Why should we encourage diets rich in fruits and vegetables?

7. Can vegetables and fruits be combined to meet separate meal pattern requirements for serving guidelines?

8. What are examples of meat and meat alternates you can serve?

9. What are other names for sugar on a nutrition label? _____

10. What is one way to avoid sugary snacks? _____

QUIZ

Best Practices Life in 3D: Teaching Nutrition

1. How many servings of vegetables or fruits should you try to serve during snack following the best practice?

2. TRUE OR FALSE? It is suggested that you only serve whole fruits to be creditable.

_____ TRUE _____ FALSE

3. Which month in the 2021 calendar features the best practice, serve only lean meats, nuts and legumes?

4. According to the MyPlate suggestions what two things should you strive for balance on a healthy plate?

5. TRUE OR FALSE? You should ONLY prepare foods the way children like them to be sure they will eat it.

_____ TRUE _____ FALSE

6. What is the CACFP best practice listed in February 2021?

7. Why is answering the “why” questions important for inquisitive children and nutrition education?

8. Why are the CACFP best practices important?

9. When menu planning, what five categories should you consider?

10. How do you incorporate the best practices into your everyday menu?

QUIZ

Healthy Habits Life in 3D: Living our Best Life

1. Within the calendar, which months could you involve the children in cooking?

2. What is the physical activity in October? _____

3. What is the nutrition note about in June? _____

4. Look at the nutrition note for May 2021. Why should we read alternate beverage ingredients carefully?

5. What physical activity suggestion is given in April? _____

6. Why should you involve children in the kitchen?

7. What is an age-level appropriate kitchen task for a 4-year-old?

8. Name 3 ways of cooking other than frying.

9. What fruits are in season in November?

10. What is your favorite classic children's game to teach and play with the kids? Why?

QUIZ

Parent Connection Life in 3D: Making Connections

1. What craft activity can parents do at home with their child in December?

2. Why is communication important between sponsors and providers?

3. What are some ways you can customize each newsletter?

4. Why should you include information about the CACFP in your newsletters?

5. What does the newsletter include?

6. How can you receive your newsletter each month to customize?

7. What recipe is suggested in March for parents to make with their child at home?

8. What physical activity can parents do with their children at home in June?

9. What recipe can parents make with their children in September?

10. Think about your current communication system. How you can use the newsletter each month to improve the system?
