

Let's Get Revvin' Review

1. According to CACFP requirements, the breakfast menu should consist of:
 - A. Milk, Meat, Bread
 - B. Milk, Fruit/Vegetable, Bread
 - C. Fruit/Vegetable, Meat, Bread

2. List a creditable breakfast menu that you might serve for a 1-12 year old:

3. Breakfast is important for the body and the brain: True or False.

4. The best morning meal provides one eighth of the days' calorie and protein needs: True or False

5. What makes milk a natural nutrient powerhouse?

6. Juice is a better choice for dietary fiber than fresh fruit: True or False.

7. Review last week's menus using the information you have learned about vitamins, calcium, iron, protein, dietary fiber, carbohydrates and whole grains. On a separate paper, list three specific changes you can make to benefit the children nutritionally.

8. Choose a vegetable to try with the children at breakfast (other than potatoes). On a separate paper, document:
 - A. The name of the vegetable
 - B. How the vegetable was prepared and offered
 - C. How the children reacted to a vegetable at breakfast
 - D. The outcome of the meal
 - E. Suggestions for offering this vegetable again

9. Try a non-traditional breakfast food. On a separate paper, document:
 - A. The name of the food
 - B. How the food was prepared and offered
 - C. How the children reacted to this food at breakfast
 - D. The outcome of the meal
 - E. Suggestions for offering this non-traditional food again