



*Nutrition Topic: Get Ready for Change
in the CACFP*

Training Hours Earned: 1.0

Name _____

Phone _____

Address _____

City _____ Zip _____

Provider Signature

Date Completed

June 2011

1. Currently, it is OK to serve two fruits at lunch and dinner. T F
2. How might this rule be changed in the upcoming months?

3. About 85% of children do not even eat the minimal amounts of fruits and vegetables each day. T F
4. Exposing children to a variety of fruits and vegetables at a young age may help them to like them as they grow. T F
5. Eating enough fruits and vegetables is associated with a reduced risk of many chronic diseases. T F
6. Completing this quiz, making a copy and sending it to the ICCB office is **one way** to fulfill your second hour of mandatory training for 2011. T F

August 2011

1. The new milk regulation states that children two years and older should be served 1% or skim milk. T F
2. The milk regulation change is effective **October 1, 2011**. T F
3. Most children now drink whole or 2% milk. T F
4. Low fat milk provides less nutrients along with less calories. T F
5. Dairy products are excellent sources of calcium. T F
6. Milk is required to be served only at breakfast on the food program. T F
7. How much milk is required for a serving to a 4 year old?
(Circle one)
1/2 cup 3/4 cup 1 cup

July 2011

1. The American Academy of Pediatrics (AAP) issued a policy statement on the use and misuse of juice a few years back. T F
2. The AAP said it was necessary to give infants under six months as much juice as they would like in place of formula. T F
3. Older children should be eating more **whole** fruits and vegetables and less juice. T F
4. Most juices contain very little Vitamin C. T F
5. In Missouri, CACFP participants may only serve juice once per day. T F
6. If children drink lots of juice, they tend to drink lots of milk as well. T F

September 2011

1. Reducing the consumption of added sugars will lower the calorie content of the diet. T F
2. One of the greatest sources of added sugar is soda pop. T F
3. New research reveals that too much sugar in our diets helps to prevent heart disease. T F
4. How many teaspoons of sugar is in one 12 oz can of soda? _____
5. How many grams of sugar is contained in one teaspoon? _____
6. If a one cup serving of cereal has 12 grams of sugar, how many teaspoons of sugar does it contain? _____
7. What will you do to lower the amount of added sugar served in your daycare?
