The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at The University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE
The purpose of the Institute of Child Nutrition is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

MISSION
The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

VISION
The vision of the Institute of Child Nutrition is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2018, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org. Last updated 03/2018
Pre-Assessment

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1) At snack, at least one component should consist of a fruit or a ________.
   a. grain.
   b. vegetable.
   c. milk.
   d. There are no best practices for snack.

2) Select the correct best practices for serving whole grain-rich items.
   a. Provide at least three servings of whole grain-rich items per day.
   b. Provide at least one serving of whole grain-rich items each week.
   c. Provide at least two servings of whole grain-rich items per day.
   d. There are no best practices for whole grain-rich items.

3) Processed meats should be limited to a single serving per day. True or False?
   a. True
   b. False

4) Serve only ________ milk to all participants.
   a. Whole milk
   b. Unflavored milk
   c. Flavored low-fat milk
   d. Unflavored reduced-fat milk

5) When yogurt is served in place of milk to adults, serve_______ as the beverage.
   a. 100% Juice
   b. low-fat milk
   c. water
   d. None of the above

6) Serve at least one serving of each of the vegetable subgroups once per week. True or False?
   a. True
   b. False

7) When planning meals and snacks, which item should you avoid?
   a. Natural reduced-fat cheese
   b. Fruit drinks
   c. Pre-fried foods
   d. Whole vegetables
8) This week’s menu calls for processed meats on Monday and Tuesday. Does this practice meet the optional best practices guidelines?
   a. Yes
   b. No

9) Flavored milk should contain no more than ____ grams of sugar per ____ fluid ounces to meet the optional best practice requirements.
   a. 23 grams of sugar per 8 fluid ounces
   b. 22 grams of sugar per 8 fluid ounces
   c. 8 grams of sugar per 22 fluid ounces
   d. 10 grams of sugar per 8 fluid ounces

10) Throughout the day, offer and make water available to adults upon their request. True or False?
    a. True
    b. False
Post-Assessment

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1) At snack, at least one component should consist of a fruit or a ________.
   a. grain.
   b. vegetable.
   c. milk.
   d. There are no best practices for snack.

2) Select the correct best practices for serving whole grain-rich items.
   a. Provide at least three servings of whole grain-rich items per day.
   b. Provide at least one serving of whole grain-rich items each week.
   c. Provide at least two servings of whole grain-rich items per day.
   d. There are no best practices for whole grain-rich items.

3) Processed meats should be limited to a single serving per day. True or False?
   a. True
   b. False

4) Serve only ________ milk to all participants.
   a. Whole milk
   b. Unflavored milk
   c. Flavored low-fat milk
   d. Unflavored reduced-fat milk

5) When yogurt is served in place of milk to adults, serve_______ as the beverage.
   a. 100% Juice
   b. low-fat milk
   c. water
   d. None of the above

6) Serve at least one serving of each of the vegetable subgroups once per week. True or False?
   a. True
   b. False

7) When planning meals and snacks, which item should you avoid?
   a. Natural reduced-fat cheese
   b. Fruit drinks
   c. Pre-fried foods
   d. Whole vegetables
8) This week’s menu calls for processed meats on Monday and Tuesday. Does this practice meet the optional best practices guidelines?
   a. Yes
   b. No

9) Flavored milk should contain no more than ____ grams of sugar per ____ fluid ounces to meet the optional best practice requirements.
   a. 23 grams of sugar per 8 fluid ounces
   b. 22 grams of sugar per 8 fluid ounces
   c. 8 grams of sugar per 22 fluid ounces
   d. 10 grams of sugar per 8 fluid ounces

10) Throughout the day, offer and make water available to adults upon their request. True or False?
    a. True
    b. False