

Child and Adult Meal Pattern Requirements

A CACFP Meal Pattern
Requirements Supplemental Training

Assessments



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Institute of Child Nutrition

The University of Mississippi

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Comprehensive Pre-Assessment

Non-Name Identifier _____

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. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, and flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), fat-free milk, or breastmilk only
2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False
3. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.
4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
 - a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
 - b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
 - c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
 - d. two types of vegetables from different sub-groups.
5. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components
6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

7. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

8. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - a. True
 - b. False

9. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 23 grams, 6 ounces

10. How many times can a CACFP operator serve juice to children and adults in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day

11. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years

12. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three

13. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

14. Each day, at least _____ serving(s) of grains must be whole grain-rich.
- one
 - three
 - zero
 - two
15. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
- three
 - five
 - six
 - thirteen

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Comprehensive Post-Assessment

Non-Name Identifier _____

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. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, and flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False

3. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
 - a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
 - b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
 - c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
 - d. two types of vegetables from different sub-groups.

5. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

7. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

8. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - a. True
 - b. False

9. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 23 grams, 6 ounces

10. How many times can a CACFP operator serve juice to children and adults in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day

11. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years

12. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three

13. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

14. Each day, at least _____ serving(s) of grains must be whole grain-rich.
- one
 - three
 - zero
 - two
15. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
- three
 - five
 - six
 - thirteen

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Milk Component Updates Pre-Assessment

Non-Name Identifier _____

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. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, and flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), fat-free milk, or breastmilk only
2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False
3. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years
4. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three
5. When serving children flavored water, a CACFP operator must also make plain water available. True or False?
 - a. True
 - b. False

Milk Component Updates Post-Assessment

Non-Name Identifier _____

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. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), breastmilk, or fat-free milk only
2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False
3. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years
4. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s). Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three
5. When serving children flavored water, A CACFP operator must also make plain water available. True or False?
 - a. True
 - b. False

Meat and Meat Alternates Component Updates

Pre-Assessment

Non-Name Identifier _____

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. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

3. Which item is a non-creditable yogurt product?
 - a. Drinkable yogurt
 - b. Homemade yogurt
 - c. Yogurt flavored products
 - d. All of the above

4. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

Meat and Meat Alternates Component Updates Post-Assessment

Non-Name Identifier _____

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. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
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 - d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
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 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

3. Which item is a non-creditable yogurt product?
 - a. Drinkable yogurt
 - b. Homemade yogurt
 - c. Yogurt flavored products
 - d. All of the above

4. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

Vegetable and Fruit Component(s) Updates Pre-Assessment

Non-Name Identifier _____

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.

- How many times can a CACFP operator serve juice to children and adults in a single day?
 - 3 times per day
 - 1 time per day
 - 0 times per day
 - 4 times per day
- Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
 - The meal with the highest reimbursement rate that contains juice
 - The meal with the lowest reimbursement rate that does not contain juice
 - All meals and snacks in which the juice was served
 - The meal or snack with the lowest reimbursement rate that contains juice
- When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
 - one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
 - three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
 - two different types of vegetables, such as roasted asparagus and baked sweet potato slices
 - two types of vegetables from different sub-groups.
- Vegetables and fruits are still a single component at _____. Select the best answer.
 - breakfast
 - lunch
 - snack
 - supper
- Juice blends now credit as a fruit only in the updated requirements. True or False?
 - True
 - False
- If a CACFP operator has a morning group and an afternoon group, can he/she serve juice to both groups as part of a reimbursable meal or snack?
 - Yes
 - No

Vegetable and Fruit Component(s) Updates Post-Assessment

Non-Name Identifier _____

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.

- How many times can a CACFP operator serve juice to children and adults in a single day?
 - 3 times per day
 - 1 time per day
 - 0 times per day
 - 4 times per day
- Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
 - The meal with the highest reimbursement rate that contains juice
 - The meal with the lowest reimbursement rate that does not contain juice
 - All meals and snacks in which the juice was served
 - The meal or snack with the lowest reimbursement rate that contains juice
- When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
 - one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
 - three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
 - two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
 - two types of vegetables from different sub-groups.
- Vegetables and fruits are still a single component at _____. Select the best answer.
 - breakfast.
 - lunch.
 - snack.
 - supper.
- Juice blends now credit as a fruit only in the updated requirements. True or False?
 - True
 - False
- If a CACFP operator has a morning group and an afternoon group, can he/she serve juice to both groups as part of a reimbursable meal or snack?
 - Yes
 - No

Grains Component Updates

Pre-Assessment

Non-Name Identifier _____

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.

- Which item is not a grain-based dessert?
 - Cinnamon breakfast round
 - Strawberry granola bar
 - English muffin
 - Sweet potato pie
- Each day, at least _____ serving(s) of grains must be whole grain-rich.
 - One
 - Three
 - Zero
 - Two
- Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
 - three
 - five
 - six
 - thirteen
- During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - True
 - False
- Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript _____.
 - 1 and 2
 - 2 and 3
 - 3 and 4
 - 4 and 5
- When using the rule of three, disregard any ingredients after the words "contains 2% or less." True or False?
 - True
 - False

Grains Component Updates Post-Assessment

Non-Name Identifier _____

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. Which item is not a grain-based dessert?
 - a. Cinnamon breakfast round
 - b. Strawberry granola bar
 - c. English muffin
 - d. Sweet potato pie

2. Each day, at least _____ serving(s) of grains must be whole grain-rich.
 - a. One
 - b. Three
 - c. Zero
 - d. Two

3. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
 - a. three
 - b. five
 - c. six
 - d. thirteen

4. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - a. True
 - b. False

5. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript _____.
 - a. 1 and 2
 - b. 2 and 3
 - c. 3 and 4
 - d. 4 and 5

6. When using the rule of three, disregard any ingredients after the words "contains 2% or less." True or False?
 - a. True
 - b. False

Child and Adult Meal Service Updates Pre-Assessment

Non-Name Identifier _____

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. Family style meal service is now required in all child and adult care settings. True or False?
 - a. True
 - b. False
2. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components
3. Rewards and punishment are not allowed in CACFP-operated facilities. True or False?
 - a. True
 - b. False
4. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above
5. When serving meals family style, _____ are the only exception(s), children are not required to serve themselves (with/without a supervising adult).
 - a. milk
 - b. water
 - c. milk and juice
 - d. milk, juice, and water
6. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.

Child and Adult Meal Service Updates Post-Assessment

Non-Name Identifier _____

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. Family style meal service is now required in all child and adult care settings. True or False?
 - a. True
 - b. False

2. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components

3. Rewards and punishment are not allowed in CACFP-operated facilities. True or False?
 - a. True
 - b. False

4. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

5. When serving meals family style, _____ are the only exception(s), children are not required to serve themselves (with/without a supervising adult).
 - a. milk
 - b. water
 - c. milk and juice
 - d. milk, juice, and water

6. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.

Answer Key

Comprehensive Assessment

1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
2. B. False
3. A. more than one food item from different food components that cannot be separated.
4. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
5. A. four different food items
6. A. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
7. C. One
8. B. False
9. D. 23 grams, 6 ounces
10. B. 1 time per day
11. D. 6-12 years
12. A. one
13. B. Deep-fat frying
14. A. one
15. C. six

Milk Component Updates

1. C. Whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
2. B. False
3. D. 6-12 years
4. A. One
5. A. True

Meat and Meat Alternates Component Update

1. C. 23 grams, 6 ounces
2. A. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
3. D. All of the above
4. C. One

Vegetable and Fruit Component(s) Updates

1. B. 1 time per day
2. D. The meal or snack with the lowest reimbursement rate that contains juice
3. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
4. A. Breakfast
5. B. False
6. B. No

Grains Component Updates

1. C. English muffin
2. A. One
3. C. Six
4. B. False
5. C. 3 and 4
6. A True

Child and Adult Meal Service Updates

1. B. False
2. A. four different food items
3. A. True
4. B. Deep-fat frying
5. C. Milk and juice
6. A. more than one food item from different food components that cannot be separated.