

# New CACFP Meal Patterns: Children and Adults

Post Test – August 2016

**Please keep this test and certificate in your files for Licensing.**

**You do not need to send it in to our office or the State.**

Learning Objective: After reading the newsletter, the provider understands the changes and benefits of the new CACFP meals patterns for children and adults.

- Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.  
True or False
- The changes made to the meal patterns are based on the \_\_\_\_\_  
\_\_\_\_\_ for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.
- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.  
True or False
- \_\_\_\_\_ is limited to once per day.
- At least one serving of grains per day must be whole grain-rich and grain-based  
\_\_\_\_\_ no longer count towards the grains component.
- Tofu counts as a meat alternate.  
True or False
- Meat and meat alternates may be served in place of the entire grains component at  
\_\_\_\_\_ a maximum of three times per week.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces and breakfast cereals must contain no more than 6 grams of sugar per dry ounce.  
True or False
- Unflavored whole milk must be served to 1 year olds; unflavored \_\_\_\_\_ or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special \_\_\_\_\_ needs.



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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

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THIS CERTIFICATE

for completion of 30 minutes of training in

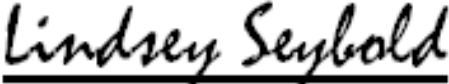
### **August 2016: New CACFP Meal Patterns: Children and Adults**

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to  
Quality Child Care as demonstrated by completion of this course

Given this date \_\_\_\_\_

  
Lindsey Seybold

Lindsey Seybold  
Training Coordinator  
Southwest Human Development Services

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