

New CACFP Meal Patterns: Infants

Post Test – July 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 infants.

1. USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day.
True or False
2. The changes to the infant meal pattern support _____ and the consumption of vegetables and fruit without added sugars.
3. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input.
True or False
4. CACFP centers and day care homes must comply with the new meal patterns by October 1, _____.
5. Providers may receive _____ for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant.
6. Only breastmilk and infant formula are served to infants 0 through 5 month olds.
True or False
7. Two age groups, instead of _____: 0 through 5 month olds and 6 through 11 month olds; and solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
8. The new meal pattern requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old.
True or False
9. The new meal pattern no longer allows _____ or cheese food or cheese spread to be served.
10. The new meal pattern also allows ready-to-eat _____.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

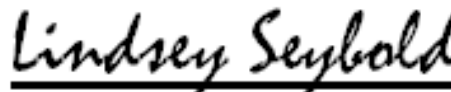
July 2016: New CACFP Meal Patterns: Infants

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
Training Coordinator
Southwest Human Development Services

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