

Nutrition Standards for CACFP Meals and Snacks

Post Test – June 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 benefits to changing the CACFP meal standards and implementation timeline.

1. Agriculture Undersecretary Kevin Concannon announced strengthened nutrition standards for food and beverages served in the National Child and Adult Care Food Program (CACFP). Young children and adults in day care will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats.
True or False
2. The _____ standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
3. Research indicates that America's obesity problem starts young, with obesity rates in preschoolers more than doubling over the last three decades and one in eight preschoolers classified as obese. Since taste preference and eating habits develop early in life, CACFP could play a crucial role in the solution.
True or False
4. The new meal patterns will improve access to healthy beverages, including low-fat and fat-free milk and water, and encourage _____ for the youngest program participants. These standards reflect the nutritional improvements seen in children across the country since the passage of the Healthy, Hunger-Free Kids Act of 2010.
5. Since the inception of CACFP, the most prevalent nutrition-related health problems among participants have shifted from malnutrition to _____, including calories, saturated fats, added sugar, and sodium. These vulnerable populations also tend to under consume of fiber and other essential nutrients.
6. This is the first major revision of the CACFP meal patterns since the program's inception in 1968 and will require meals and snacks provided through the CACFP to better reflect the Dietary Guidelines for Americans and the nutritional issues facing young children and adults today.
True or False
7. The new standards were carefully designed to make significant, achievable, and _____ improvements to the nutritional quality of the meals and snacks served through CACFP.
8. USDA will provide in-person and online trainings and is developing new resources and training materials, such as menu planning tools, new and updated recipes, and tip sheets, to ensure successful implementation of the new nutrition standards.
True or False
9. By setting an implementation date of October 1, _____, the final rule provides ample lead time for centers and day care homes to learn and understand the new meal pattern standards before they are required to be in full compliance.
10. The Child and Adult Care Food Program is one of USDA's Food and Nutrition Service's 15 nutrition assistance programs, which also include the National School Lunch Program, Summer Food Service Program, the Supplemental Nutrition Program for Women, Infants, and Children(WIC), and Supplemental Nutrition Assistance Program. Together, these programs comprise America's nutrition _____.



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in


June 2016: The Nutrition Standard for CACFP Meals and Snacks

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

SOUTHWEST HUMAN DEVELOPMENT SERVICES
A Private, Non-Profit Texas Corporation