

New CACFP Meal Patterns: Best Practices

Post Test – September 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 best practices and resources to help integrate new meal patterns for children.

1. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.
True or False
2. USDA developed _____ best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve.
3. Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.
True or False
4. Make at least 1 of the 2 required components of a snack a vegetable or a fruit and provide at least one serving _____ of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week
5. Provide at least _____ servings of whole grain-rich grains per day.
6. Limit serving processed meats to no more than one serving per week.
True or False
7. Serve only _____ milk to all participants.
8. Limit serving purchased pre-fried foods to no more than one serving per week.
True or False
9. Avoid serving non-creditable foods that are sources of added _____, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
10. Incorporate _____ and locally produced foods into meals.



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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

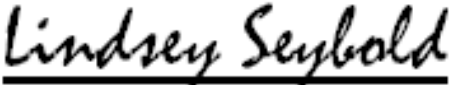
September 2016: New CACFP Meal Patterns: Best Practices

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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