

Provider Name: _____

License: _____ Date Completed: _____



CHILD CARE NETWORK OF NEW YORK

CACFP Nutrition Workshop QUIZ

1. I can serve skim or 2% milk for all children over 2 years old.
True False
2. If the parents asks me to, I can serve whole milk for children over 2 years old.
True False
3. I can serve TWO fruit components at lunch.
True False
4. I can serve TWO vegetables components at lunch.
True False
5. Potato is a vegetable component
True False
6. I can serve 100% fruit juice TWICE per day.
True False
7. Tortilla counts as a grain/bread component.
True False
8. I can serve cookies every day for snack.
True False
9. I can serve potato chips as a snack.
True False
10. Crackers are a bread/grain component
True False
11. I can serve any type of cold cereal every day for breakfast or snack.
True False
12. I can serve fried, baked or steamed vegetables every day.
True False
13. Low fat yogurt and a piece of fruit are considered a COMPLETE snack.
True False
14. I have to serve meat for my lunch/supper meals to be COMPLETE.
True False
15. The lettuce and tomatoes in a sandwich meal count as my TWO vegetable components.
True False
16. I can serve apple juice and raisins and count it as a complete snack.
True False
17. I can serve beef meatballs or luncheon meats daily.
True False
18. If the parent requests, I can substitute soymilk as my milk component.
True False
19. I DO NOT get reimbursed if the mother provides breast milk for the infant.
True False

Provider Signature: _____ Reviewed by Monitor: _____