

Child Management Associates

New Meal Pattern Training Quiz

1. When does the new meal pattern have to be implemented?
 - October 1, 2016
 - July 1, 2017
 - October 1, 2017
2. Why is there a new meal pattern? (mark all that apply)
 - Increase variety
 - More whole grains
 - Decrease amounts of sugar and saturated fat
 - Encourage healthy practices
3. True or False: I will be required to use CMA's updated menus/my own or enter meal components into KidKare (Minute Menu HX).
4. True or False: I will be required to have CMA approval before using my own menus.
5. What type of milk is required for 1-2 year olds?
 - 1%
 - 2%
 - Whole
6. True or False: Flavored milk is allowable for all ages.
7. How much whole grain must a product contain to be considered whole grain-rich?
 - At least 25%
 - At least 50%
 - At least 100%
8. Whole grain-rich product must be served how many times a day?
 - 1
 - 2
9. Breakfast cereal must contain no more than how many grams of sugar per dry ounce?
 - 12 gm
 - 8 gm
 - 6 gm
 - 4 gm
10. Mark all items that will **not** be allowed with new meal pattern.
 - Corn bread
 - Cookies/Cake
 - Cereal bars/Granola bars
 - Muffins/Banana Bread (Homemade only)
 - Graham Crackers/Animal Crackers
 - English Muffins
 - Pretzels
 - Doughnuts
 - Pie Crust
 - Toaster Pastry (Pop Tarts)

11. True or False: Meat or Meat alternates may be used in place of the “breakfast grain” 5 days a week.
12. True or False: Tofu can be used as a meat alternate.
13. Yogurt must contain no more than ____ grams of sugar per 6 ounces.
- 12 gm
 - 18 gm
 - 23 gm
14. True or False: Fruits and Vegetables are two separate meal components.
15. True or False: I can serve 1 fruit and 1 vegetable for snack.
16. What method of frying is **not** allowed:
- Stir fry
 - Cooking by submerging in hot oil or other fat
 - Pan fry
 - “Pre-fried” foods
17. The following are reimbursable for infants (birth – 11 months):
- Iron fortified formula (milk or soy based)
 - Mom’s breast milk from a bottle
 - Mom coming to home/center and nursing her infant.
18. How many infant age groups?
- 2
 - 3
19. Ready to eat cereal can be served to infants 6-11 months for the following meals:
- Breakfast
 - Snack
 - Lunch/Dinner
20. True or False: Infants can be started on solids as soon as they are developmentally ready.
21. True or False: Infants can be served juice with snack.
22. True or False: A combination of formula and cow’s milk can be used to transition infants to milk from 12th to 13th month.

Provider Name (Please Print)

Date

Note: Monitor will review this quiz with you on your next monitor visit.