



Creditable Foods in the Child and Adult Care Food Program Webinar

- 1) To be creditable as a grain/bread item, the food item must contain no less than how many grams of flour?**
 - a) 1
 - b) 2.2
 - c) 14.75
 - d) 150

- 2) Which of the following CACFP manuals should be used to find out if a food item is "creditable?"**
 - a) CACFP Child Care Center Handbook
 - b) Crediting Handbook for the CACFP
 - c) Eligibility Guidance in the CACFP
 - d) Feeding Infants

- 3) What is the sugar limit for breakfast cereals?**
 - a) Must contain no more than 6 grams per serving
 - b) Must contain no more than 6 grams per cup
 - c) Must contain no more than 6 grams per package
 - d) Must contain no more than 6 grams per dry ounce

- 4) Which of the following will not be found on a Child Nutrition (CN) label?**
 - a) The signature of a high ranking official within the organization
 - b) The CN logo
 - c) A 6-digit product identification number
 - d) The month and year of approval

- 5) What is the sugar limit for yogurt?**
 - a) Must contain no more than 23 grams per ounce serving
 - b) Must contain no more than 23 grams per cup
 - c) Must contain no more than 23 grams per package
 - d) Must contain no more than 23 grams per 6 ounce serving

- 6) Serving sizes for grain/bread items are largely determined by the _____ of the food item.**
 - a) size
 - b) taste
 - c) weight
 - d) acceptability

- 7) Foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal are called what?**
- a) Creditable Foods
 - b) Non-Creditable Foods
 - c) Good Foods
 - d) Approved Foods
- 8) Both lunch and supper must contain a serving of unflavored (for children ages 1-5) skim or 1% fluid milk (1 year olds must have unflavored whole milk):**
- a) as a beverage, or used on cereal, or used in part for each purpose
 - b) as a beverage
 - c) poured on cereal
 - d) in a main dish that includes milk as an ingredient
- 9) All CACFP records must be maintained on file for how long after they are filed?**
- a) One month
 - b) Until the claim is paid
 - c) For three previous years plus the current year
 - d) Forever
- 10) True or False: Home canned fruit or vegetable products are not allowed for service in the CACFP for health and safety reasons.**
- a) True
 - b) False
- 11) Non-Creditable foods are those foods that do not count toward meeting the meal pattern requirements. Nevertheless,:**
- a) The children like them so it is okay to use them as part of the reimbursable meal.
 - b) They often supply additional nutrients and calories that help meet the energy and nutritional needs of participants.
 - c) They cost less so it is allowable to serve them as part of the reimbursable meal.
 - d) They are often easy to find in grocery stores so they can be served as part of a reimbursable meal.
- 12) The product label for grain/bread items must indicate that the item is:**
- a) Whole-grain
 - b) Enriched
 - c) Made from enriched or whole-grain meal or flour
 - d) Any of the above

- 13) True or False: If a child is not disabled, and the parent requests that menu substitutions be made for religious reasons, the agency is required to make the substitution to the standard meal pattern.**
- a) True
 - b) False
- 14) Cooked, dried beans or peas may be credited as:**
- a) A vegetable
 - b) A meat alternate
 - c) Either
 - d) Either, but not as both in the same meal
- 15) True or False: The CN Labeling Program is a voluntary Federal labeling program for the Child Nutrition Programs.**
- a) True
 - b) False
- 16) Which of the following is not an example of a creditable meat/meat alternate?**
- a) Lean meat
 - b) Eggs
 - c) Acorns
 - d) Yogurt
- 17) Which of the following "sweet" grains would be allowed in the CACFP (based on the Grains and Breads chart)?**
- a) Granola or Cereal Bars
 - b) Cookies or Cake (for snacks only)
 - c) Graham or Animal Crackers
 - d) Toaster Pastries or Sweet Rolls (for breakfast only)
- 18) How many ounces of yogurt must be served to contribute one ounce of meat alternate to the meal pattern requirements?**
- a) 1
 - b) 2
 - c) 3
 - d) 4
- 19) For children ages 2 and older, what two types of milk may be served? (Remember that it must be unflavored for children ages 5 years and under.)**
- a) 1% or 2%
 - b) skim or 1%
 - c) 2% or whole
 - d) Any milk is fine as long as it is cow's milk

20) True or False: At least one grain per day (across all menus) must be considered whole-grain rich. However, if the center only serves meals that do not require a grain (such as after school programs that only offer snack), a whole-grain item is not required to meet this requirement. However, if a grain is served, it must be a whole grain rich item.

- a) True
- b) False

Signature

Local Agency Name

Date