



Understanding Grains and Whole Grains in the CACFP Webinar

- 1) True or False: The bread/grain component for breakfast may be replaced with an equal amount of meat/meat alternate up to four times per week.**
 - a) True
 - b) False

- 2) The product label for general grain/bread items (more is required for the whole grain item) 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

- 3) True or False: At least one whole grain item, across all menus for the day, must be whole grain or whole grain rich.**
 - a) True
 - b) False

- 4) Whole grain rich is defined as foods that contain at least ___% whole grains and the rest of the grains are either enriched or whole grains.**
 - a) 10%
 - b) 25%
 - c) 50%
 - d) 90%

- 5) Using option 1 of determining a whole grain item, which of the following would not be considered whole grain or whole grain rich?**
 - a) Whole Wheat Bread
 - b) Baked Crackers, made with whole grains
 - c) Entire Wheat Buns
 - d) 100% Whole Grain Bread

- 6) Which of the following is not a natural whole grain item?**
 - a) Wild Rice
 - b) Quinoa
 - c) Oatmeal
 - d) Wheat Flour

7) True or False: Products with the following statement on them are allowable as whole grain items in the CACFP, but not in the NSLP. "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

- a) True
- b) False

8) When using option #5 to determine if a food item is whole grain rich, which of the following 'rule' do you need to apply?

- a) Crediting Rule
- b) Non-Creditable Grains Rule
- c) Rule of Three
- d) Rule of Law

9) True or False: As long as the word wheat is in the name of the flour, it is a creditable grain.

- a) True
- b) False

10) Serving sizes for grain/bread items are largely determined by the _____ of the food item.

- a) size
- b) taste
- c) acceptability
- d) weight

11) True or False: Grains must be served as an accompaniment to or a recognizable, integral part of the main dish, not merely an ingredient in the recipe.

- a) True
- b) False

12) 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)

13) What information is not required on standardized recipes for grain/bread items.

- a) The name of the "dish" or recipe item being made
- b) A nutrition facts label
- c) The ingredients and amounts of each
- d) The number of servings in the recipe

14) 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) 12
- d) 14.75

Signature

Local Agency Name

Date