

Test your Knowledge Activity –Training Two

1) How many required meal components are there for the National School Lunch program?

- a. 4
- b. 5**
- c. 6

2) The lunch meal pattern identifies calories, saturated fats and sodium ranges which is collectively known as dietary specifications.

- a. True**
- b. False

3) For the breakfast meal pattern schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after the minimum daily 1 ounce equivalent grain requirement is met.

- a. False
- b. True**

4) Production records are required documents that show that reimbursable meals were planned and served.

- a. False
- b. True**

5) Standardized recipes are required for ____ or more ingredients.

a. 3

b. 2

c. 4

6) The Food Buying Guide is a tool used to determine the meal pattern contribution and crediting of a recipe.

a. True

b. False

7) Weight is how much space something takes up and volume is how heavy something is.

a. False - Weight is how heavy something is and volume is how much space something is.

b. True

8) Tools that are used for fruits, vegetables, and milk are spoodles, measuring cups, dishers and individual containers.

a. True

b. False