

Name: \_\_\_\_\_ Name of Institution: \_\_\_\_\_ Agreement # \_\_\_\_\_

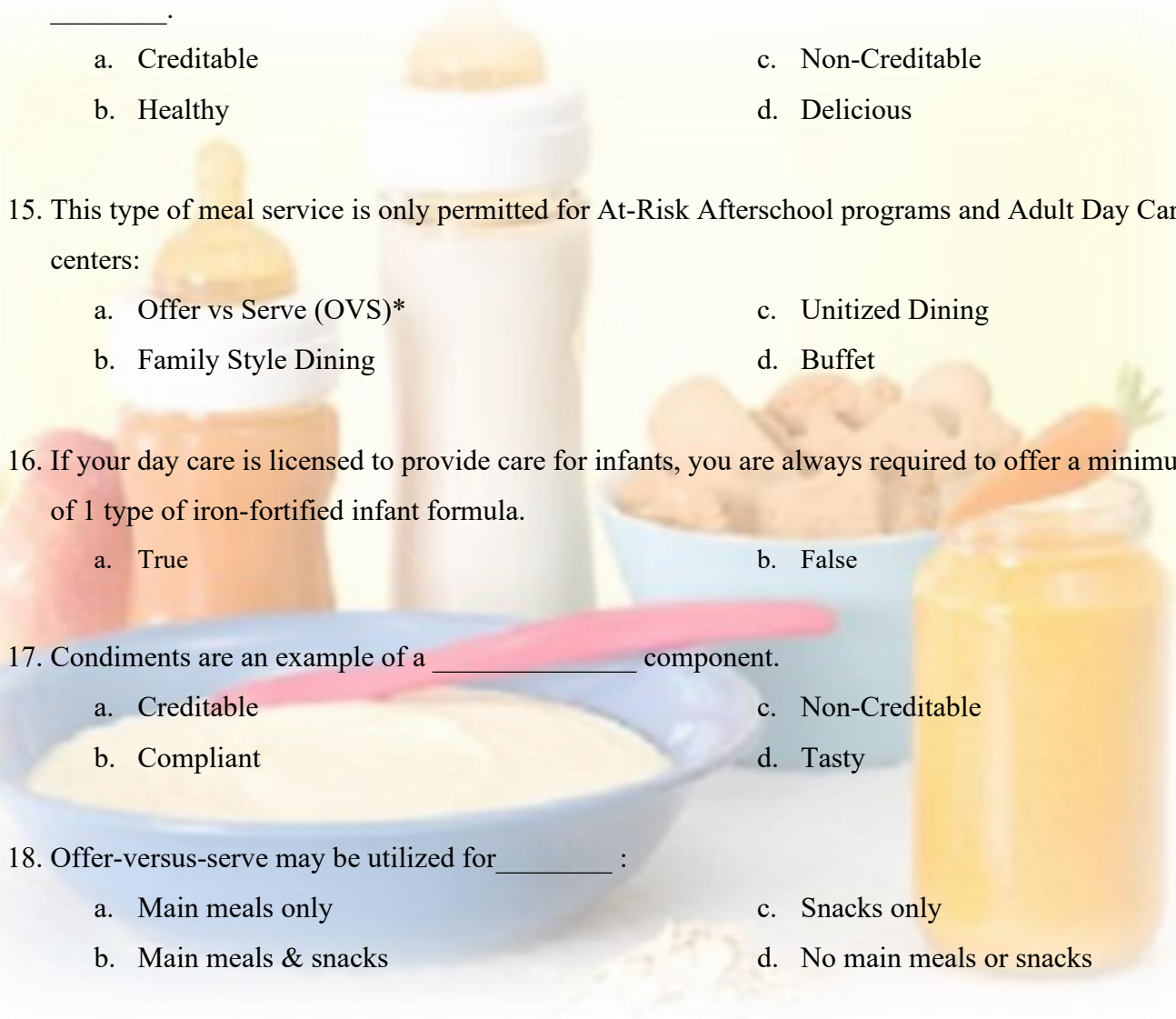
## **NJDA CACFP Infant Meal Pattern, Menu Planning & Meal Service**

1. As a CACFP institution, you have the option not to offer the food program to your infant participants.
  - a. True
  - b. False
2. Menus are typically designed on a \_\_\_\_\_ basis.
  - a. Daily
  - b. Monthly
  - c. Weekly
  - d. Annually
3. Unitized, family-style and offer-versus-serve are all types of:
  - a. Menus
  - b. Meal Services
  - c. Non-Creditable Foods
  - d. Components
4. \_\_\_\_\_ is the best nutrient source for an infant and protects against an array of illnesses and chronic disease.
  - a. Iron Fortified Formula
  - b. Yogurt
  - c. Whole Milk
  - d. Breastmilk
5. On an institution's menu, all components must be \_\_\_\_\_ for each meal.
  - a. Abbreviated
  - b. Absent
  - c. Non-Creditable
  - d. Specified
6. \_\_\_\_\_ meal service involves the distribution of pre-plated meals which include all required components in the proper portion sizes.
  - a. Offer vs Serve (OVS)\*
  - b. Family Style Dining
  - c. Unitized Dining
  - d. Buffet
7. An infant's mother is requesting to come to your daycare and breastfeed her infant on location. As the sponsor, what is your responsibility?
  - a. Turn away the mother
  - b. Guide the mother to the designated clean, private, and comfortable breastfeeding area in the daycare center .

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- c. Explain that the daycare staff must feed the infant.
  - d. Request the mother to provide expressed breastmilk instead.
8. What is/are considerations when planning your institution menu?
- a. Available Equipment
  - b. Availability of Food
  - c. Nutritional Needs
  - d. A, B, & C
9. When enough food is placed at the table for each participant to serve themselves the proper portion sizes, what meal service are you implementing?
- a. Offer vs Serve (OVS)\*
  - b. Family Style Dining
  - c. Unitized Dining
  - d. Buffet
10. What is the minimum serving size of breastmilk and/or iron-fortified infant formula for infants in the 0-5-month age group?
- a. 1-2 fluid ounces
  - b. 2-3 fluid ounces
  - c. 4-6 fluid ounces
  - d. 6-8 fluid ounces
11. The \_\_\_\_\_ is an interactive web-based tool that is available to all sponsors as a resource for menu planning.
- a. Child Nutrition Label
  - b. Food Buying Guide
  - c. Menu
  - d. Flow Chart
12. The practice of social and motor skills, autonomy, independence and a family-like environment are a few benefits of this type of meal service:
- a. Offer vs Serve (OVS)\*
  - b. Family Style Dining
  - c. Unitized Dining
  - d. Buffet

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13. Within the infant meal pattern, a meal may be reimbursable if a combination of breastmilk and iron-fortified infant formula is given to the infant.
- a. True
  - b. False
14. Nutrition and standard of identity are two of the four factors discussed that determines if a food is \_\_\_\_\_.
- a. Creditable
  - b. Healthy
  - c. Non-Creditable
  - d. Delicious
15. This type of meal service is only permitted for At-Risk Afterschool programs and Adult Day Care centers:
- a. Offer vs Serve (OVS)\*
  - b. Family Style Dining
  - c. Unitized Dining
  - d. Buffet
16. If your day care is licensed to provide care for infants, you are always required to offer a minimum of 1 type of iron-fortified infant formula.
- a. True
  - b. False
17. Condiments are an example of a \_\_\_\_\_ component.
- a. Creditable
  - b. Compliant
  - c. Non-Creditable
  - d. Tasty
18. Offer-versus-serve may be utilized for \_\_\_\_\_ :
- a. Main meals only
  - b. Main meals & snacks
  - c. Snacks only
  - d. No main meals or snacks
19. When should solid foods be introduced into an infant's diet?
- a. Two (2) months of age
  - b. Four (4) months of age
  - c. Six (6) months of age
  - d. Eight (8) months of age

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20. Which method of cooking is not permitted on-site if the institution is operating the Child and Adult Care Food Program?
- a. Sautéing
  - b. Baking
  - c. Steaming
  - d. Deep-Fat Frying
21. In a family-style meal service setting, a \_\_\_\_\_ is encouraged to assist participants in serving themselves the proper portion sizes:
- a. Parent
  - b. Sibling
  - c. Supervising Adult
  - d. Guardian
22. A fruit, a vegetable, or a combination of both are required for all meals and snacks for infants aged 6 months and older.
- a. True
  - b. False
23. Making the effort to serve high quality, seasonal fruits and vegetables to your participants is considered a:
- a. Requirements
  - b. Regulations
  - c. Policies
  - d. Best Practice
24. The goal of \_\_\_\_\_ is to assist Adult Day Care Centers and At-Risk After-school programs reduce food waste and costs while maintaining the nutritional value of main meals:
- a. Offer vs Serve (OVS) meal
  - b. Family Style Dining meal
  - c. Unitized Dining meal
  - d. Pre-Plated meal
25. How many components (per child, per day) are parents/guardians permitted to provide?
- a. Two components
  - b. Three components
  - c. All components
  - d. One component

\*This type of meal service is only permitted for At-Risk Afterschool Care Center programs and Adult Day Care centers and must be requested and approved by the State agency.