



Name \_\_\_\_\_ Growing Futures Number \_\_\_\_\_

Telephone number \_\_\_\_\_ Email \_\_\_\_\_

Provider's name, if an employee \_\_\_\_\_

1. Breakfast cereals must contain no more than \_\_\_\_ grams of sugar per ounce.
  - a. 5
  - b. 7
  - c. 8
  - d. 6
  
2. Which cooking method is not allowed at CACFP participating Child Cares?
  - a. Baking
  - b. Steaming
  - c. Braising
  - d. Broiling
  - e. Deep Fat Frying
  - f. Grilling
  
3. Which snacks are reimbursable with the CACFP? (Circle all that apply)
  - a. Pretzels and string cheese
  - b. Apple slices and peanut butter
  - c. Carrot sticks and granola bars
  - d. Mashed avocados and whole grain toast
  - e. 100% juice and watermelon
  - f. Graham crackers and low sugar yogurt
  - g. Cottage cheese and garbanzo beans
  - h. Nilla Wafers and bananas
  
4. Fruits are low in fiber.
  - a. True
  - b. False
  
5. Juice is allowed twice a day for children over the age of 5.
  - a. True
  - b. False
  
6. Which nutrients are in milk? (circle all that apply)
  - a. Calcium
  - b. Vitamin D
  - c. Vitamin C
  - d. Potassium

7. Strawberry flavored milk is reimbursable for children 6 years and younger.
  - a. True
  - b. False
  
8. Yogurt must contain no more than \_\_\_\_ grams of sugar per 6 ounces.
  
9. List three nutrients that are in whole grain foods.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
10. At least two whole grain food items must be offered daily in your Child Care?
  - a. True
  - b. False
  
11. Grain based desserts can be offered to children over the age of 5.
  - a. True
  - b. False
  
12. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of 4 times a week.
  - a. True
  - b. False

13. What are some examples of legumes?

\_\_\_\_\_

14. Nuts and legumes count as a meat alternate?

- a. True
- b. False

15. It is recommended to peel fruits and vegetables before serving at your Child Care.

- a. True
- b. False

16. Which month in the 2020 calendar features the best practice, make at least one of the two required components of snack a fruit or a vegetable? \_\_\_\_\_

17. What types of contrast should you consider when creating an appealing plate?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18. How do you incorporate the best practices into your everyday menus?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

19. What is the physical activity in August? \_\_\_\_\_

20. Look at the nutrition note for February 2020. Why should we avoid frying foods?

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21. What is the physical activity suggestion given in April?

22. What is one suggestion given for getting children to try new foods?

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23. What is your favorite classic children's game to teach and play with the kids? Why?

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24. The fruits and vegetables are separate components in meal planning.

- a. True
- b. False

25. Name at least 4 items that are included in every month of the calendar.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

26. What month can I find a recipe for roasted beets? \_\_\_\_\_

27. What month features a recipe for Garden Fresh? \_\_\_\_\_

28. In what month do the kids play Horse Races? \_\_\_\_\_

29. Which month has the best practice of only serving unflavored milk? \_\_\_\_\_

30. Which month are the children making tambourines? \_\_\_\_\_

31. Which month discusses incorporating locally produced foods into meals? \_\_\_\_\_

32. Which month has the best practice to avoid serving added sugars? \_\_\_\_\_

33. What is the Parent Connection that is available for SENDCAA Providers?

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34. Limiting processed meats, such as hot dogs and deli meats, to no more than 3 servings per week is a “best practice”.

- a. True
- b. False

35. Looking through all of the “best practices” in the calendar, which one do you find the easiest to incorporate into your everyday routines and menus? Why? How do you follow this practice?

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36. Which “best practices” do you find the most difficult to incorporate into your everyday routines and menus? Why? What are some new ideas to make this less difficult?

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37. The CACFP requires that you keep accurate daily records on the foods you offer and the children you serve each day to earn reimbursement?

- a. True
- b. False

38. Providers can use the Standard Meal Allowance instead of keeping food receipts to claim deductions for tax purposes.

- a. True
- b. False

39. The Standard Meal Allowance is based on:

- a. Tier 1 rates
- b. Tier 2 rates

40. Please list three Federal tax forms which you may be required to file as a self-employed person.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

41. Please list 4 expenses at your Child Care business?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

42. What tax form is used for the expenses for business use of your home?

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43. What meals can Child Care Providers claim for the Standard Meal Allowance?

1. One breakfast, one lunch and one snack
2. One breakfast, one lunch and two snacks
3. One breakfast, one lunch, one dinner and three snacks

44. Schedule C Form is used to record: (circle one)

1. Estimated taxes
2. Social Security
3. Profit or loss from business or profession
4. Combines business and personal tax records

45. The Standard Meal Allowance includes meals not reimbursed by the CACFP.

- a. True
- b. False

46. Providers can claim their own children's meals with the Standard Meal Allowance.

- a. True
- b. False

47. Choose one month. What can you add to the recipes and activities for the month?  
What do you already do that can be incorporated in the Circus theme?

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48. Looking through each month, what is your favorite recipe? Why?

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