



# 2019 In-Home Calendar Training

*ND Growing Futures approved – 2 hours training credit  
Expires November 30<sup>th</sup>, 2019*

Directions: Read through the 2019 calendar before completing the attached quiz. Answers will be found in the calendar. The quiz must be completed and submitted to SENDCAA to earn the training credit.

Your training will be submitted to Growing Futures after you have completed the quiz and qualified for the training credit. We are no longer issuing certificates for completed training. Trainings are submitted to Growing Futures once per month. If a training was submitted in February, you should see it in your Growing Futures profile in March. You can log into Growing Futures and check your profile for your training hours. Go to [www.ndgrowingfutures.org/](http://www.ndgrowingfutures.org/) and choose the “training tab” All of your trainings will appear, beginning with the most recent.

This training is only available to participating SENDCAA providers and their child care employees.

Return completed quiz to:

**SENDCAA CACFP**  
3233 S. University Drive  
Fargo, ND 58104

Or email to: [jennyn@sendcaa.org](mailto:jennyn@sendcaa.org)



USDA is an equal opportunity provider and employer.

# 2019 In-Home Calendar Training

Name \_\_\_\_\_ Growing Futures ID no. \_\_\_\_\_

Telephone no. \_\_\_\_\_ Email \_\_\_\_\_

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

1. Foods with added sugars such as honey, jam and syrup are creditable with the Child & Adult Care Food Program.
  - a. True
  - b. False
2. What two beverages are required to be offered at your child care?
  - a.
  - b.
3. Sugar snap peas and apple slices are not an acceptable snack on the CACFP?
  - a. True
  - b. False
4. How many servings of whole grain-rich foods are required per day for children one year and older on the CACFP?
5. What three important nutrients are in fish?
  - a.
  - b.
  - c.
6. What essential mineral is in milk?
7. Why is it important to serve foods prepared in different ways for preschoolers?
8. Why is iron an important nutrient?

9. List three iron rich foods.

- a.
- b.
- c.

10. Explain the differences between Go, Slow and Whoa foods.

- a. Go:
- b. Slow:
- c. Whoa:

11. List foods from your Child Care menus that are Go, Slow and Whoa foods.

- a. Go:
- b. Slow:
- c. Whoa:

12. List three examples of acceptable meat alternates.

- a.
- b.
- c.

13. What month has a recipe with a fruit and a vegetable as the main ingredients?

14. Of all the recipes shared in the calendar, which one do you think will be the most popular with your group?

Why?

**The next nine questions refer to the *CACFP BEST PRACTICES* that are listed for each month.**

Best Practices are defined as: "A procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adoption." - *Merriam Webster*. The USDA created a panel with expertise in nutrition education to create the CACFP Best Practices. These practices serve as a guide for child care providers who choose to take additional steps to offer high-quality and nutritious meals in their program. They were created to promote consistency in programs and increase confidence that education efforts will result in positive nutrition and health-related behavior changes.

15. The Best Practice, *Provide at least two servings of whole grain-rich grains per day*, is featured on what month?
16. What are two WGR foods you could incorporate into a menu for one day?
- a.
  - b.
17. List one Best Practice regarding serving fruits and veggies.
18. Which of the following is NOT a Best Practice?
- a. Serve only lean meats, nuts and legumes
  - b. Make at least 1 of the 2 required components of a snack a vegetable or fruit.
  - c. Serve milk and/or flavored milk at all eating occasions during the day.
19. What Best Practice do you incorporate into your everyday meals?
20. The Best Practice for the month of March is to provide one serving each week from four different categories of vegetables. List the four categories of vegetables you should serve weekly:
- a.
  - b.
  - c.
  - d.
21. What is the Best Practice for the month of June?
22. What is one processed food from your menus that could be served less frequently?
23. One Best Practice is to limit serving pre-fried foods to no more than \_\_\_\_\_ serving(s) per week.
24. Child Care Providers can use the Standard Meal Allowance instead of keeping detailed food receipts to claim the tax deduction for meals provided to children in care.
- a. True
  - b. False
25. The total meals listed in your Standard Meal Allowance can include meals not reimbursed by the CACFP.
- a. True
  - b. False

26. When using the Standard Meal Allowance, what is the maximum number of snacks per child that can be claimed each day for tax purposes?
27. Providers can claim their own children in the Standard Meal Allowance.
- True
  - False
28. List at least 4 topics that are included in every month of the calendar.
- - 
  - 
  -
29. What month features a recipe for potato pancakes?
30. What is the theme for October?
31. What month is National CACFP week?
32. Of all of the craft activities in the calendar, which one do you see being the most popular at your child care?
- Why?
33. Choose one month.
- What can you add to the recipes and activities for the month?
  - What do you already do that can be incorporated into the good people everywhere theme?
34. How do you specifically involve the children in food preparation?
35. What month discusses physical activity?

36. Why is physical activity important?

37. Food needs to be served in a variety of ways. What are some different ways to serve a common food item?

- a.
- b.
- c.

38. Choose your favorite holiday and create three physical activities, two healthy foods/recipes to introduce and one nutrition lesson that represents that holiday.

Holiday:

Three physical activities:

- 1.
- 2.
- 3.

Two foods/recipes to introduce:

- 1.
- 2.

One nutrition lesson that represents that holiday: