Meal Patterns

Quiz Questions

Points to focus on when watching this video:

- Following CACFP guidelines for food service
- Meal patterns for infants, toddlers, and preschoolers
- Role of portion size

Potential Test/Quiz Questions:

1. Choose the best response: Which of the following is an acceptable snack?
   a. Granola bars and juice
   b. Graham crackers and fresh fruit
   c. Oatmeal cookies and milk
   d. Hard pretzels and peanut butter

2. True or False: All infants follow the same meal pattern.

3. Fill in the blanks: Name the 3 components required for breakfast for a toddler or preschooler - ________, ________, and ________.

4. Choose the best response: Fruit juice can be served________
   a. At each meal and snack
   b. Once a day
   c. Once per week

5. Choose the best response: How often should whole grains or whole grain-rich foods be served?
   a. At every meal and snack
   b. At least once a day
   c. At least once a week

6. Fill in the blank: What foods/beverages should infants between birth and age 5 months be served? ____________________.

7. Choose all that apply: The American Academy of Pediatrics recommends that all children over age 2 have:
   a. Whole milk
   b. Low fat milk
   c. Skim milk
   d. Almond milk
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Answer Guide

1. **Choose the best response:** Which of the following is an acceptable snack?
   
   Correct Answer: B

2. **True or False:** All infants follow the same meal pattern.
   
   Correct Answer: False

3. **Fill in the blanks:** Name the 3 components required for breakfast for a toddler or preschooler - ________, ________, and ________.
   
   Correct Answer: Low-fat milk, fruit, and a grain. Protein can be served instead of grains up to 3x/week.

4. **Choose the best response:** Fruit juice can be served________
   
   Correct Answer: B

5. **Choose the best response:** How often should whole grains or whole grain-rich foods be served?
   
   Correct Answer: B

6. **Fill in the blank:** What foods/beverages should infants between birth and age 5 months be served? ________________.
   
   Correct Answer: Human milk or iron-fortified infant formula

7. **Choose all that apply:** The American Academy of Pediatrics recommends that all children over age 2 have:
   
   Correct Answer: B and C