

# 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