



Meal Patterns and Menu Cycles

Sample Quiz Questions

1. Choose the best response: Which of the following is an acceptable snack?
 - a. Granola bar with 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 blank: Name three components required for breakfast for a toddler or preschooler.
Low-fat milk, fruit, and a grain. Protein can be served instead of grains up to three times per week.

4. 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 per day
 - c. At least once per week

5. Fill in the blank: What foods/beverages should infants between birth and 5 months be served?
Human milk or infant formula

6. Choose all that apply: The American Academy of Pediatrics recommends that all children over age 2 be served:
 - a. Whole milk
 - b. Low-fat milk
 - c. Skim milk
 - d. Almond milk