



CHILD CARE CENTERS  
REFERRALS • TRAINING

Administrative Offices  
615 N. Alabama Street, Suite 300  
Indianapolis, IN 46204  
(317) 636 9197 • (317) 687-6247 (fax)  
[www.daynursery.org](http://www.daynursery.org)  
[info@daynursery.org](mailto:info@daynursery.org)

## “What’s In a Meal” – Self Study Questionnaire

Refer to your “What’s In a Meal? Healthy Hoosier Edition” guide to answer these questions. You may also access the booklet via our website [http://www.childcareanswers.com/CACFP\\_Docs/Whats\\_In\\_A\\_Meal.pdf](http://www.childcareanswers.com/CACFP_Docs/Whats_In_A_Meal.pdf)

If you need more room to answer a question please use a sheet of lined notebook paper with your name on it.

1. What factors are considered when determining whether a food is creditable?
2. Why are combination dishes only creditable for 1 or 2 meal pattern components?
3. Are home canned foods reimbursable? Why or Why not?
4. Which food group is the most important?
5. The amount of energy provided by food is measured in what?
6. Name the forgotten nutrient?
7. What foods can be part of a healthy diet?

“The USDA and the State of Indiana are equal opportunity providers and employers.”

**Our Mission:** As a nonprofit organization of professional staff and volunteers, established over 100 years ago our mission is to assure excellent early care and education for young children in central Indiana.





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8. What nutrients are needed for good health?

9. What are the advantages to using breast milk?

10. Name foods that commonly cause allergic reactions in infants:

11. Name causes of food borne illnesses or food poisoning:

12. Name the 3 C's of food safety:

13. What is the goal of the CACFP?

14. What is the function of water to the human body?

15. How can food borne illnesses be prevented?

16. What temperature should the refrigerator and freezer be for keeping foods safe?

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17. How often can a dessert item be served to a child?

18. What information can be obtained from a CN label?

19. Name 8 foods that are not creditable for infants:

20. What ingredient needs to be included to make bread & grains creditable?

Signature: \_\_\_\_\_

**To ensure that you receive your complete two hour training credit you must submit this signed and dated form to our office. We will initial the form and issue you a copy that you MUST keep in your records for the current contract year, plus three additional years.**

Contract year: \_\_\_\_\_

Credit Hours: \_\_\_\_\_

MMS Entry: \_\_\_\_\_

Staff Initials: \_\_\_\_\_

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