



Community Alliance and Services for Young Children, Inc



For CASY office use only: _____ Fiscal Year _____ Credit Hours _____ MMS entry

Provider Name (Please print)



“WHAT’S IN A MEAL” Self Study Questionnaire

(Refer to your “What’s in a Meal” manual or to the CASY website “What’s in a Meal” link)

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?
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?
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?

**To receive 2 hours of Food Program training credit, send original questionnaire to CASY Food Program Office & Keep a copy for your records.*

Signature: _____