

## **HealthierUS School Challenge**

### **Pre-test/Post-test**

1. HealthierUS School Challenge is a voluntary program designed to make the school environment and children healthier in schools.
  - a. True
  - b. False
  
2. HealthierUS School Challenge established criteria for which of the following areas:
  - a. Serving healthier school meals
  - b. Serving healthier competitive foods
  - c. Providing certain amounts of nutrition and physical education
  - d. Interfacing with the school wellness council
  - e. All of the above
  
3. HealthierUS School Challenge requires a team approach to changing the school environment.
  - a. True
  - b. False
  
4. In order to be considered a whole grain, what parts of the grain have to be present for milling?
  - a. Bran and germ
  - b. Germ and endosperm
  - c. Endosperm and bran
  - d. Bran, germ, and endosperm
  
5. Which of the following terms assures that a grain product is a whole grain?
  - a. Multigrain
  - b. 100% wheat
  - c. Made with whole grain
  - d. Whole wheat
  - e. All of the above are whole grains
  
6. One of the main goals of the school lunch meals criteria is to increase the amount of fresh fruits and vegetables. Which of the following is not one of the silver criteria?
  - a. Offer 3 different fruits each week
  - b. Offer 5 different vegetables each week
  - c. Offer dark green vegetables and orange fruits 3 or more times per week
  - d. Offer one good source of Vitamin C (8mg/day) daily

7. Dried beans or peas are required to be served in the school meal pattern at least twice a week.
  - a. True
  - b. False
  
8. \_\_\_\_\_ different meat/meat alternates need to be served each week to be considered for the HealthierUS School Challenge.
  - a. Two
  - b. Three
  - c. Four
  - d. Five
  
9. The term low-fat milk means this (these) types of milk can be served as part of the school meal pattern:
  - a. 2% or whole white milk
  - b. 2% chocolate
  - c. 1% or skim white milk
  - d. 1% or skim flavored milk (like strawberry or chocolate)
  - e. c and d
  - f. All of the above
  
10. What are competitive foods?
  - a. Foods that compete against one another for nutrients
  - b. Other foods and beverages available on the school campus/grounds
  - c. A term made up by USDA
  
11. Which of the following foods can be served, sold a la carte, in vending machines, or in school stores without meeting the established criteria?
  - a. Any fruit or non-fried vegetable
  - b. Low-fat or skim milk
  - c. 100% full-strength fruit and vegetable juice
  - d. Plain water
  - e. All of the above
  
12. Nutrition education is a mandatory component that must be offered to ½ of the grade levels in your school and must be part of a structured educational unit to be considered for a HealthierUS School Challenge School.
  - a. True
  - b. False
  
13. The opportunity for physical activity must be provided on a regularly scheduled basis each week for at least half of the school year to be considered for a HealthierUS School Challenge School.
  - a. True
  - b. False

14. The first steps in becoming a HealthierUS School Challenge School are to:
  - a. Do a self assessment of what is already happening in your school and to assemble your team to get to work.
  - b. To look at the application and start work on it next year.
  - c. To submit your application to the Department of Public Instruction for review.
  
15. There are three levels of criteria for bronze, silver, and gold level recognition for HealthierUS School Challenge.
  - a. True
  - b. False

## **Key**

1. A
2. E
3. A
4. D
5. D
6. C
7. B
8. C
9. E
10. B
11. E
12. A
13. B
14. A
15. A