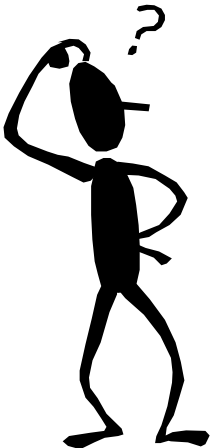


Question of the Day Instructions, Questions, & Answers

The 'Question of the day' is follow-up training that can be used for first 5 weeks of school, or reused at any time. Staff that have participated in the Meal Pattern Jeopardy game at a training session will recognize the questions. The idea behind this training tool is to continue the learning process beyond a training session.

Tips:

- Questions can be displayed or read to staff daily.
- Districts may find that they have some additional training needs on topics like food safety or standard operating procedure and should create questions to foster discussion on these topics.
- A reward system would be a good way to increase staff participation in this learning activity.
 - Rewards could be at the school level or district level where applicable.
 - Rewards could range from bragging rights to tangible incentives
 - Small rewards: pins to display on an apron or uniform, pencils, lanyards, key chains, hats, etc.
 - Larger rewards: new aprons, amenities for a staff area, a special catered lunch, etc.
 - At the school level a manager could collect responses to the 'Question of the Day' and keep a tally of correct responses by staff member, then reward the top number of correct responses.
 - At the district level staff at an entire school can be rewarded based on total number of participants and correct answers or simply on participation.



This game was created by Alisha Jacobson, RD LDN, on behalf of School Nutrition Programs, Delaware Department of Education on May 1, 2012.

Questions:

Question of the Day: Week 1

Monday	This beverage also counts as a fruit, but only if it is 100% from fruit!
Tuesday	True or False: A ½ cup of fruit juice or a ½ cup of cut fruit can count as a fruit serving under the new meal pattern.
Wednesday	True or False: A student can take two of the same ¼ cup servings of fruit at lunch to count as their ½ cup of fruit for the meal.
Thursday	What serving size of dried fruit counts as 1/2c fruit serving?
Friday	List 4 different forms of fruit that can be served, not including the example (example: One form is canned fruit)

Question of the Day: Week 2

Monday	This beverage is made from a vegetable and can count as a vegetable serving if it is 100% from vegetables.
Tuesday	In which vegetable group does zucchini, green beans, and green peppers belong?
Wednesday	True or False: A student can take two of the same ¼ cup servings of vegetables at lunch to count as their ½ cup of vegetables for the meal.
Thursday	How much Romaine Lettuce (in cups) would be needed to meet ½ c serving of vegetables?
Friday	Name the 5 sub groups for vegetables.

Question of the Day: Week 3

Monday	What does WGR stand for when referring to breads and grains?
Tuesday	What percentage of the grains served must be whole grains for this school year (2012-2013)?
Wednesday	Which school year will all the grains served be required to be whole grains?
Thursday	True or False: To be considered whole grain-rich, the first ingredient on the food label must be a whole grain unless the first ingredient is water, then it must be the second ingredient.
Friday	List any 2 of the criteria for qualifying a grain as whole grain-rich once you have met the serving size requirement.

Question of the Day: Week 4

Monday	True or False: There is a maximum amount of meat/ meat alternates allowed to be served in a one week period.
Tuesday	True or False: When a student takes a serving of beans it can count towards the meat alternate serving and the vegetable serving since it is in the beans/peas sub group.
Wednesday	What type of yogurt, besides yogurt made from dairy can count as a meat alternate?
Thursday	How many ounces of yogurt must be served to count as 1oz meat alternate and how much must be served to count as 2oz meat alternate?
Friday	How many ounces of commercially prepared tofu would need to be served to meet 2oz of meat alternate?

Question of the Day: Week 5

Monday	How many items must be taken to count as a reimbursable lunch when 5 are offered?
Tuesday	What MUST be on a tray containing 3 components for the meal to be considered reimbursable?
Wednesday	What are the 5 components that must be offered as part of a lunch meal?
Thursday	If a student were to take only 2 items on a tray and the lunch would still be reimbursable, give an example of what those two items might be and their corresponding serving size.
Friday	What would be an item that a student could take that could be a reimbursable meal in itself? (Not that this is encouraged, this is just an exercise to test your knowledge!)

Answers:

NOTE- Some answers contain text in parenthesis. The text in the parenthesis is additional information on the answer and is not required to get the question correct.

Answer of the Day: Week 1

Monday	Juice
Tuesday	True! (Juice still counts at lunch and breakfast, but schools must also offer at least one other fruit option that equals ½ cup also.)
Wednesday	True! (Under the new regulations, at lunch only, students can take two of the same item to count towards the fruit component of the meal)
Thursday	¼ cup
Friday	Frozen, Dried, Fresh, or 100% Juice

Answer of the Day: Week 2

Monday	Tomato Juice
Tuesday	‘Other’ vegetables. (While each of these are green in color, the nutrients they contain are not the same levels as the Dark Green vegetables so they are not in that sub group. Think of the Dark Green sub group as leafy greens with the exception of broccoli.)
Wednesday	True! (Under the new regulations, at lunch only, students can take two of the same item to count towards the vegetable component of the meal)
Thursday	1 Cup
Friday	Dark Green, Red/Orange, Beans & Peas, Starchy, Other

Answer of the Day: Week 3

Monday	Whole Grain-Rich
Tuesday	Half
Wednesday	School Year 2014-15
Thursday	True! (Grains with water as the first ingredient and whole grains as the second ingredient are now considered whole grain-rich.)
Friday	<ul style="list-style-type: none">• Whole grains per serving must be greater than or equal to 8 grams• The product includes FDA’s whole grain health claim on its packaging ("Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.")• The product includes the Whole Grains Council symbol• The product ingredient listing lists whole grain first or second after water only

Answer of the Day: Week 4

Monday	True! (For age/grade groups K-5 & 6-8 it is 10 oz equivalents and for 9-12 grade it is 12 oz equivalents)
Tuesday	False! (The student can take it to count as <i>EITHER</i> the meat alternate <i>OR</i> vegetable of their meal.)
Wednesday	Soy yogurt can now count as a meat alternate.
Thursday	4 oz of yogurt = 1 oz meat alternate and 8 oz of yogurt counts as 2 oz meat alternate
Friday	4.4 oz or ½ cup (2.2 oz [weight] or ¼ cup [measurement] equals 1 oz meat alternate)

Answer of the Day: Week 5

Monday	3 out of the 5
Tuesday	A ½ cup of fruit or vegetables or ¼ cup fruit and ¼ cup vegetables.
Wednesday	Meat/meat alternates, Grains, Fruit, Vegetables, Milk
Thursday	<ul style="list-style-type: none"> • Must include ½ cup of fruit or vegetables • Must have 1 combination item (1 sandwich, 1 slice of pizza, etc.)
Friday	<ul style="list-style-type: none"> • A salad with 1 cup lettuce, topped with 1-2 oz meat/meat alternate and 1 oz of croutons <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • A piece of pizza with 1-2 oz meat/meat alternate, 1/8 cup sauce, 3/8 cup vegetable toppings, and 1-2 oz crust