

Opportunity for one-hour training credit



Your 2012 CACFP calendar may serve as a “text book” for obtaining 1 hour of ND Child Care Provider licensing credit. This opportunity is available to providers enrolled with Heartland Child Nutrition. Participation is voluntary and offered as a service by Heartland Child Nutrition. Completion of this training module is not a substitute for the USDA mandated CACFP annual training.

The new ND Growing Futures training registry, administered by CCR&R, requires the information below be submitted for those wishing to receive the approved one-hour training toward license renewal and ongoing professional development. Your county social service licenser has access to the ND Growing Futures training registry.

ND Growing Futures Information: 2012 CACFP Sponsor’s Association Calendar Training Module
Date(s): 11/01/2011 through 11/01/2012
Approval code: 11ZHC1101B
Approved clock hours: 1

Name	Last 5 numbers of Soc Sec #	Address	Phone
	____ _		

Email Address	Birth Date mm/dd/year	Signature

Mail or Fax (both sides) of your completed quiz to:
 Heartland Child Nutrition
 Box 1218
 Bismarck ND 58501-1218

FAX: 701-250-0140

Your certificate will be e-mailed to you by Heartland unless you specify otherwise. Please allow two weeks from time of course completion for certificate to be issued.

**The CACFP Sponsor's Association 2012 Calendar Training Module
from Heartland Child Nutrition, Inc.**

****Please complete the reverse side of this page before taking this quiz.**

Fill in the blanks with the correct words or complete as instructed by the question.

Some questions will direct you to the calendar month on which the answer may be found. This 20-point quiz requires a passing score of at least 80% to receive the education credit. We hope you enjoy completing this training hour.

1. Three methods to cook fresh foods in a healthful way are steaming, sautéing, and _____. (find on January pages)
2. This question is an exercise in evaluating the variety of meats serving in your childcare menus. Look back on 15 days of your submitted menus. How many times did you serve the following meat/meat alternates in the past 15 claimed days?
____ processed meats (count all sausages, hot dogs, corn dogs bologna/salami/ham as processed meats)
____ processed poultry or fish products (chicken nuggets, patties, etc)
____ fresh chicken, turkey ____ deli chicken, turkey, beef
____ ground beef ____ beef cuts ____ pork
____ eggs ____ PB ____ beans
____ cheese ____ yogurt ____ fish (not processed)
____ other:
3. At least half our grains/breads should be whole grain foods. Two examples of whole grains are _____ & _____ (find on February pages)
4. The 2012 National CACFP Week is the week of _____.
5. When 100% juice is served, children should consume less than _____ oz. per day. (March)
6. Eat a variety of vegetables and be sure to include deep _____ vegetables & dark leafy greens.
7. Children need at least _____ minutes of play with moderate to vigorous activity every day.
8. Notify your CACFP sponsoring agency (Heartland Child Nutrition) in advance if you are planning to be _____ during an approved meal time. (August)
9. One way to limit the amount of sodium in food is to make _____ meals. (November)
10. Keep CACFP records for _____ yrs. plus the current fiscal year. (December)
- 11-15. (Worth 5 points) Choose one recipe from the calendar to serve at a claimed meal or snack. (It is okay to adjust the recipe, if you so choose, to suit your needs.)
 - Which recipe did you make? _____
 - What date was it served? _____
 - What was your, or the children's, opinion of the new recipe?
- 16-20. (Worth 5 points) As you have noticed, there is an animal theme to the 2011 Calendar. On most calendar months, there is a category entitled "Activity" featuring an idea for children's physically movement. Do one of the suggested activities with the children in your care or create an age appropriate activity of your own with an animal theme.
 - What was the activity you did with the children?

 - Which month did the activity appear on the calendar (or was it your own idea)? _____
 - Give a brief summary of the activity with your observation of how the children responded. (2-3 sentences)