



## Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

### Module 6: Vegetables Component

#### Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

The [CACFP lunch and supper meal pattern](#) for ages 3-5 requires  $\frac{1}{4}$  cup of the vegetables component and  $\frac{1}{4}$  cup of the fruits component. Do the planned servings for fruits and vegetables below meet the meal pattern requirements for ages 3-5 at lunch or supper?

Planned servings	Meets requirements?	Explanation
$\frac{1}{4}$ cup of red grapes $\frac{1}{4}$ cup of peaches in fruit juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of green beans $\frac{1}{8}$ cup of dried fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of diced carrots $\frac{1}{4}$ cup of green peas	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of canned corn $\frac{1}{4}$ cup of spinach salad	<input type="checkbox"/> Yes <input type="checkbox"/> No	

## Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

Planned servings	Meets requirements?	Explanation
¼ cup of cooked spinach ¼ cup of mixed vegetables	<input type="checkbox"/> Yes <input type="checkbox"/> No	
¼ cup of pureed strawberries in a smoothie ¼ cup of vegetable juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
¼ cup of orange juice ¼ cup of mashed sweet potatoes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
¼ cup of broccoli florets ¼ cup of broccoli florets	<input type="checkbox"/> Yes <input type="checkbox"/> No	
½ cup of carrot-raisin salad that contains ¼ cup of shredded carrots and ⅛ cup of raisins	<input type="checkbox"/> Yes <input type="checkbox"/> No	

For more information on the CACFP meal pattern requirements for vegetables and fruits, visit the [Vegetables Component for CACFP Child Care Programs](#) section and the [Fruits Component for CACFP Child Care Programs](#) section of the Connecticut State Department of Education's (CSDE) [Crediting Foods in CACFP Child Care Programs](#) webpage.

## Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

**Bite Size** is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
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