Essentials for School Nutrition: Nutritional Quality and Meal Pattern Module

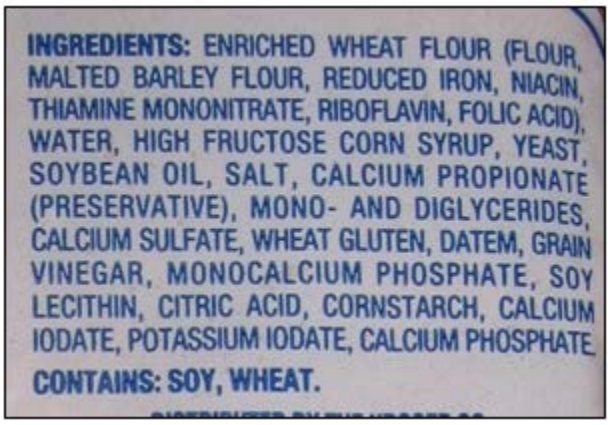
Practice Activity Lesson 5: Labels, Labels, Labels

1. Which of the following are reasons for keeping labels for the foods served in school nutrition programs? Select all that apply.

   ☐ Labels identify potential food allergens
   ☐ Labels can help determine if a grain is whole grain rich
   ☐ Labels assist determining how a food will credit toward the meal pattern
   ☐ Specific labels are required for an administrative review of a school nutrition program

2. What information can be found on a Child Nutrition Label? Select all that apply.

   ☐ The serving size of the food
   ☐ The quantity of saturated fat is in a serving
   ☐ Food components are provided by the food item
   ☐ Milligrams of sodium is in a serving



3. What type of label is pictured above?

   ☐ Child Nutrition Label
   ☐ Nutrition Facts Label
   ☐ Ingredient Label
   ☐ Preparation Label

4. Which types of labels are pictured above? Select all that apply.

   ☐ Child Nutrition Label
   ☐ Nutrition Facts Label
   ☐ Ingredient Label
   ☐ Preparation Label

5. Select all that apply. A water marked label:

   ☐ Is available in the food product box
   ☐ Is not attached to the product package
   ☐ States “Copy Not for Federal Meal Requirements”
   ☐ Is blue in color

6. A water marked label can be used as food item crediting documentation if what additional document is available?

   ☐ A signed statement from the distributor
   ☐ The UPC from the product box
   ☐ An invoice with the purchased product on it
   ☐ A distributor purchase guide

7. What information must be included on a Product Formulation Statement? Select all that apply.

   ☐ Name of the product
   ☐ Crediting statement
   ☐ Signature/date of a manufacturer official
   ☐ Printed on manufacturer letterhead
   ☐ List of all ingredients

8. A product formulation statement must “Show the Math”. What does this mean?

   ☐ It shows the weight of the creditable ingredient, multiplied by the yield listed in the food buying guide
   ☐ It show how much 100 servings should weigh
   ☐ It calculates how many portions are in a case of the food item
   ☐ The statement calculates a price per portion

Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving

Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

9. According to the nutrition facts label above, how much does 4 crackers weight?

   ☐ 14 grams
   ☐ 28 grams
   ☐ 21 servings/container
   ☐ 1.5 grams

10. Labels are not required to be maintained on file for meal crediting documentation for which of the following products (select all that apply):

   ☐ Apple
   ☐ Black Pepper
   ☐ Vegetable Oil
   ☐ Cheese Pizza

Additional Resources

Child Nutrition (CN) Labels and Product Formulation Statements - 1/9/14
This document highlights the difference between CN Labels and Product Formulation Statements which verify crediting of commercially prepared food products to Child Nutrition meal patterns.

Tip Sheet for Label Documentation - 2/29/16
Chart and tip sheet describing the types of product labels that need to be saved for documenting meal component crediting of menus.

Answer Key Lesson 4: Labels, Labels, Labels

11. Which of the following are reasons for keeping labels for the foods served in school nutrition programs? Select all that apply.

    ☒ Labels identify potential food allergens
    ☒ Labels can help determine if a grain is whole grain rich
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12. What information can be found on a Child Nutrition Label? Select all that apply.

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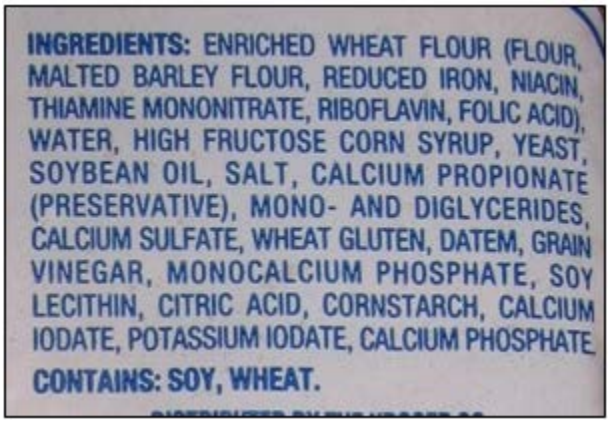
INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONO- AND DIGLYCERIDES, CALCIUM SULFATE, WHEAT GLUTEN, DATEM, GRAIN VINEGAR, MONOCALCIUM PHOSPHATE, SOY LECITHIN, CITRIC ACID, CORNSTARCH, CALCIUM IODATE, POTASSIUM IODATE, CALCIUM PHOSPHATE.
CONTAINS: SOY, WHEAT.

13. What type of label is pictured above?

    ☐ Child Nutrition Label
    ☐ Nutrition Facts Label
    ☒ Ingredient Label
    ☐ Preparation Label

14. Which types of labels are pictured above? Select all that apply.

    ☒ Child Nutrition Label
    ☒ Nutrition Facts Label
    ☒ Ingredient Label
    ☐ Preparation Label

15. Select all that apply. A water marked label:

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    ☒ Signature/date of a manufacturer official
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    ☒ Vegetable Oil
    ☐ Cheese Pizza