

Questions: Chapter 9

Health Is Academic: A Guide to Coordinated School Health Programs **“School Nutrition Services”**

For Continuing Education Contact Hours

Area of Responsibility:

Responsibility II - Planning Effective Health Education Programs

The following questions are directly related to Chapter 9: “School Nutrition Services” written by D. Caldwell, M. Nestle, and W. Rogers in *Health Is Academic: A Guide to Coordinated School Health Programs*.

Please answer the following questions:

1. According to the definition at the beginning of Chapter 9, school nutrition services integrate:

- a. School breakfast programs, lunch programs, and nutrition education
- b. Nutritious, affordable, and appealing meals; nutrition education; and parent education
- c. Nutritious, affordable, and appealing meals; nutrition education; and an environment that promotes healthy eating
- d. School breakfast programs, school lunch programs, and family involvement

2. Well-nourished elementary school students who had eaten breakfast, compared to those who had skipped breakfast:

- a. Performed better on psychological tests
- b. Performed better on cognitive tests
- c. Performed better on standardized tests
- d. Showed no difference in test scores

3. According to the chapter, less than ___ percent of young people eat the recommended five or more daily servings of fruits and vegetables.

- a. 12
- b. 21
- c. 33
- d. 50

4. It is unrealistic to hold schools solely accountable for improving students' eating behaviors. Other influences on student eating behaviors include which of the following?

- a. Their families
- b. Economic factors
- c. The food industry
- d. All of the above

5. Essential functions of school nutrition services include which of the following?

- a. Access to nutritious, culturally appropriate foods
- b. Nutrition education
- c. Screening for nutrition problems
- d. All of the above

6. The average lunch of students who participated in the National School Lunch Program compared to the lunch of nonparticipating students:

- a. Was more likely to provide at least one-third of the Recommended Daily Allowance (RDA) for calories and all vitamins and minerals
- b. Provided the same amount of the RDA
- c. Was more likely to meet guidelines for fat and salt intake
- d. Was less likely to meet the RDA than lunches brought from home

7. Health education, physical education, and health services staff reported organizing ____ joint activities or projects with food-service staff than any other school health components staff.

- a. More
- b. Fewer
- c. No more or less

8. Only ____ percent of school health advisory councils were found to include foodservice staff.

- a. 25
- b. 3
- c. 8
- d. 15

9. Which of the following is not a suggested action step for schools to implement school nutrition services?

- a. Establishing educational qualifications for certification of directors and managers of school foodservice programs
- b. Ensuring adequate funding for school meal programs
- c. Developing and implementing policies that reflect healthy eating as a high priority in the school
- d. Involving families and community organizations in policy development and program planning

10. The Centers for Disease Control and Prevention's Guidelines for School Health Programs to Promote Lifelong Healthy Eating contains recommendations in all of the following except:

- a. School policy on nutrition
- b. A sequential coordinated curriculum
- c. Selection of foods for school meals
- d. Family and community involvement