

What's for Lunch?

Worksheet 1 – Menu Planning Quiz for Fruits and Vegetables

PART 1 – FRUITS COMPONENT

Does each planned serving count as $\frac{1}{2}$ cup of the fruits component? If not, why not?

Product 1: $\frac{1}{2}$ cup of fresh fruit	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 2: $\frac{1}{2}$ cup of canned fruit in juice	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 3: $\frac{1}{2}$ cup of canned fruit in light syrup	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 4: $\frac{1}{2}$ cup of canned fruit in heavy syrup	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 5: $\frac{1}{2}$ cup of dried fruit	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 6: $\frac{1}{2}$ cup of frozen fruit without added sugar	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 7: $\frac{1}{2}$ cup of frozen fruit with added sugar	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 8: $\frac{1}{2}$ cup of fruit juice	<input type="checkbox"/> yes <input type="checkbox"/> no

PART 2 – VEGETABLES COMPONENT

Does each planned serving count as $\frac{1}{2}$ cup of the vegetables component? If not, why not?

Product 1: $\frac{1}{2}$ cup of fresh vegetables	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 2: $\frac{1}{2}$ cup of canned vegetables	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 3: $\frac{1}{2}$ cup of vegetable juice	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 4: $\frac{1}{2}$ cup of cooked spinach	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 5: $\frac{1}{2}$ cup of spinach salad	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 6: $\frac{1}{2}$ cup of legumes	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 7: 2 tablespoons of tomato paste	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 8: 2 tablespoons of tomato puree	<input type="checkbox"/> yes <input type="checkbox"/> no



The **What's for Lunch** workshop training materials are available on the Connecticut State Department of Education's (CSDE) *Meal Pattern Training Materials* Web page. This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/nfl/WFLws1.