

What's for Lunch

ANSWER KEY 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 checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 2: $\frac{1}{2}$ cup of canned fruit in juice	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 3: $\frac{1}{2}$ cup of canned fruit in light syrup	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 4: $\frac{1}{2}$ cup of canned fruit in heavy syrup	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Canned fruit must be in juice or light syrup
Product 5: $\frac{1}{2}$ cup of dried fruit	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Dried fruit counts as twice the volume served ($\frac{1}{2}$ cup counts as 1 cup)
Product 6: $\frac{1}{2}$ cup of frozen fruit without added sugar	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 7: $\frac{1}{2}$ cup of frozen fruit with added sugar	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 8: $\frac{1}{2}$ cup of fruit juice	<input checked="" 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 checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 2: $\frac{1}{2}$ cup of canned vegetables	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 3: $\frac{1}{2}$ cup of vegetable juice	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 4: $\frac{1}{2}$ cup of cooked spinach	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
Product 5: $\frac{1}{2}$ cup of spinach salad	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Raw leafy greens count as half the volume served
Product 6: $\frac{1}{2}$ cup of legumes	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	Yes, but legumes cannot also be counted as M/MA in the same meal.
Product 7: 2 tablespoons of tomato paste	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	1 tablespoon equals $\frac{1}{4}$ cup (Food Buying Guide) so 2 tablespoons equal $\frac{1}{2}$ cup
Product 8: 2 tablespoons of tomato puree	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	2 tablespoons equal $\frac{1}{4}$ cup (Food Buying Guide)



The Connecticut State Department of Education's (CSDE) **What's for Lunch** workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/wfl/wflws1A.