

Five Minute Activities



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Low Fat or Fat Free Fluid Milk Choices

How much fluid milk must be served at breakfast and lunch?

Can you serve 2% milk?

What are the different milk types that can be served?

Low Fat or Fat Free Fluid Milk Choices – True or False

You can serve fat free white, chocolate or strawberry milk.

You can serve 1% white chocolate or strawberry milk.

Fat free or 1% Lactaid is acceptable.

*This fluid milk standard applies to NSLP, SBP, and Smart Snacks in School, as well as Special Milk Program for children 6 and up.

Offer a Variety of Fruits & Vegetables

Work in pairs – list 5 most popular fruits and the 5 most popular vegetables that you serve to students.

Share your responses!

List 5 fruits and vegetables you could add to your menus.

Remembering Food Components

How many food components in the National School Lunch Program?

Meat/Meat Alternates

Vegetables

Fruit

Grains

Milk

Using the first letter of each component group, create a sentence which will help you and your team recall the components!

Share your sentence!

Weights & Measures

How do you measure weight?

How do you measure volume?

What meal components are measured by weight?

What meal components are measured by volume?

How are leafy greens measured?

Vegetable Subgroups

Which subgroup do the following belong?

Pumpkin, red pepper, acorn squash, sweet potato?

Kidney beans, lima beans (mature), split peas and lentils?

Bok Choy, parsley, seaweed (laver) and watercress?

Cassava, fresh cowpeas, parsnips and taro?

Artichoke, avocado, beets, and turnips?

Offer Versus Serve @ Lunch - True or False?

Students must take both a fruit and vegetable at lunch.

Students must be offered all five food components.

Students must take a milk

Students must take the meal/meat alternate.

Students can decline 1 or 2 food components, but they must take $\frac{1}{2}$ cup serving of fruit or vegetable.

Offer versus serve is mandatory at the senior high school level.

HACCP Meaning

Hazard
Analysis
Critical
Control
Point

Can anyone explain HACCP?

Does everyone have a HACCP manual?

Is your HACCP manual tailored to include all the equipment at your site (or sites)?

How often is your HACCP manual reviewed/updated?

Food Contamination

What are some instances when food has been contaminated and what made it unsafe to eat?

What are examples of:

Physical hazard

Chemical hazard

Biological hazard

Food Contamination

Physical hazard – Fingernails, glass, plastic, bandages, hair, box staples, dirt, metal shavings.

Chemical hazard – Bleach, cleaners, sanitizers, pesticides, toxic metals, food additives and preservatives.

Biological hazard – Bacteria, viruses, parasites and fungi.

The most effective way to prevent foodborne illness is for employees to:

- Be in good health – stay home if you are sick!

- Practice good personal hygiene.

- Follow safe food handling practices.

Hand Washing – True or False

Hot water is essential.

Antimicrobial soap is necessary.

Cloth towels work fine for drying hands.

Hand sanitizers are as effective as soap and water.

You should wash your hands only when you think they are dirty.

You don't have to wash your hands above the wrist.

The Danger Zone

What is the danger zone?

What is the temperature range for the danger zone?

Keep hot foods hot! Hold hot food at?

Keep cold foods cold! Hold cold foods at?

What is the time limit for cooling hot foods?

Reheat hot foods to a temperature of?

Added Sugars

What are some of the names of added sugars?

To determine if a packaged food contains added sugars and how much, read the [Nutrition Facts panel](#). Look for “Added Sugars” under “Total Sugars.”

Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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1.mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2.fax:

(833) 256-1665 or (202) 690-7442; or

3.email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

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Reminder!

The SAU/School WILL NOT be able to claim for any meals under the NSLP SY 2024-2025 application until the date the application is fully approved by ONPS. The SAU/School WILL NOT be able to back date any claims prior to that date.

Thank you!