



MEAT/MEAT ALT. COMPONENT TRAINING

PROOF OF COMPLETION

1. A meat/meat alternative may be served in place of a grain at breakfast up to _____ times a week.
2. Yogurt may not contain more than _____ grams of sugar per 6 oz.
3. Meats high in fat and sodium, such as bacon or salt pork, are not creditable. True or false?
4. Commercially prepared tofu may credit as a meat/meat alternative when certain requirements are met. True or false?
5. Deep frying is allowable if it is only used occasionally. True or false?
6. List an example of a meat alternative: _____.

_____	_____
Training participant	Date
_____	_____
Sponsor name	Sponsor number