

Webinar: The What, Why and How of Smart Snacks

May 16, 2019



Follow along with the webinar using this worksheet.

1. The USDA Final Rule sets guidelines for all _____ sold on the _____ during the _____ outside of the reimbursable meal.
2. USDA defines the school day as the period from the midnight before to _____ after the end of the official school day.
3. A local food truck comes to sell food to high school students during lunch. The foods served do not meet the Smart Snacks standards. Is this allowable under the Smart Snacks in Schools Rule?
Yes No
4. A vending machine is located in the hallway. The snacks in the machine are not Smart Snack compliant, but they are turned off during lunch service. Is this allowable under the Smart Snacks in Schools Rule? Yes No
5. Fill in the chart for the Smart Snacks nutrient standards.

	Snack	Entrée
Calories	≤ 200	_____
Total Fat	≤ 35% of calories	≤ 35% of calories
Saturated Fat	_____ of calories	_____ of calories
Trans Fat	0 g	0 g
Sodium	_____ mg	≤ 480 mg
Sugar	≤ 35% by _____	≤ 35% by _____

6. What is the size limit for a low-calorie sports beverage for grades 6-8?
 - a. 8 fl oz
 - b. 12 fl oz
 - c. 20 fl oz
 - d. Low calorie sports beverages are not allowable for grades 6-8

7. _____ percent of calories in children’s diets come from snacks.
8. Most snacking calories are consumed in the form of _____.
 - a. Sweetened beverages
 - b. Desserts
 - c. Salty snacks
 - d. Juice and fruit
9. How do the Smart Snacks in Schools requirements align to the Dietary Guidelines for Americans?
10. Fill in the chart with the most common sources of saturated fat, added sugars and sodium in American diets.

	Most Common Sources
Saturated Fat	
Added Sugars	
Sodium	

11. The American Heart Association recommends children consume no more than _____ grams of added sugar daily.
12. List three other possible names for “sugar” on an ingredients list.
13. True or false: Fundraisers that sell food on campus during the school day must meet the Smart Snacks standards.
14. Arizona Nutrition Standards establishes guidelines for all foods _____ and _____ to students in grades K-8.