

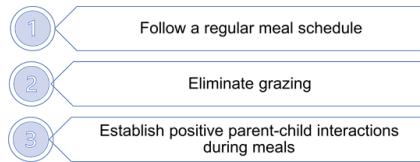


MEAL PlanR Knowledge Test

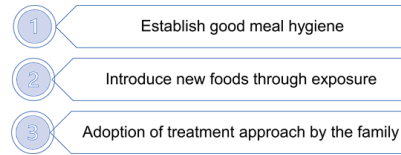
Directions: Please complete this knowledge test to the best of your ability.

* Required

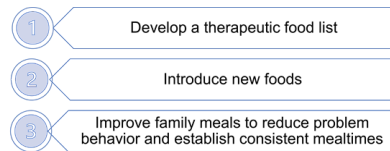
1. What are the three stages of MEAL PlanR? * (1 Point)



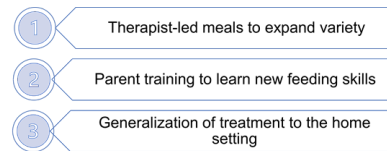
☐ A.



☐ B.



☐ C.



☐ D.

2. Which of the following is NOT targeted when establishing good meal hygiene? * (1 Point)

- ☐ Having positive interactions with family members while eating
- ☐ Following a regular meal and snack schedule without grazing
- ☐ Eating a variety of foods from all five food groups
- ☐ Eating an adequate volume of food during meals and snacks at a consistent location and within a reasonable timeframe

3. The S in SPICCE skills stands for _____. * (1 Point)

- ☐ Special time
- ☐ Standardized
- ☐ Significant
- ☐ Specific

4. The most rejected foods commonly seen in children with food selectivity involve: * (1 Point)

- ☐ Snacks, sweets, and other processed foods
- ☐ Grains, vegetables, and dairy products
- ☐ Beans, meats, and fruit
- ☐ Fruits and vegetables

5. In MEAL PlanR the definition of *accepted foods* involves: * (1 Point)

- ☐ Foods that an individual will consume if presented (possibly with prompting) but does not actively seek out to eat on a regular basis
- ☐ Foods that an individual willingly and regularly consumes without prompting, added structure, and/or support
- ☐ Foods that are targeted during intervention to increase acceptance and expand variety
- ☐ Food items previously accepted and consumed on a regular (at least weekly) basis, but no longer accepted by the child

6. List out the five major food groups: * (1 Point)

7. Which two treatment components represent key strategies for introducing new foods in MEAL PlanR? * (1 Point)

- ☐ Non-removal of the spoon and differential reinforcement
- ☐ Reducing the bite size and providing the child with choices
- ☐ Developing a food list and targeting foods from all 5 food groups
- ☐ Simultaneous presentation and ending the meal based on success

8. One sign of increased food flexibility is: * (1 Point)

- ☐ Showing interest in a new food not targeted during intervention
- ☐ Eating on a consistent schedule and reduced grazing between meals
- ☐ Eating preferred and accepted foods on a consistent schedule
- ☐ Willingness to try a dropped food during exposure work with a therapist

9. The focus of the initial meal observation during MEAL PlanR involves: * (1 Point)

- ☐ Therapist led exposure sessions to introduce new foods and expand variety
- ☐ Coaching the parent to lead exposure sessions to introduce new foods and expand variety
- ☐ Assessing a child's response to reduced bite volume and providing choice in selecting food items during the meal
- ☐ Coaching the parent to help establish good meal hygiene skills

10. Meal PlanR combines _____ with data-driven decision rules to gradually introduce new mealtime demands. * (1 Point)

- ☐ Behavioral momentum
- ☐ Demand fading
- ☐ Escape extinction
- ☐ Differential reinforcement

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