April 2017 In-Home Aide Newsletter- Nutrition POST TEST

ANSWERS

1. Food provides the energy and nutrients you need to be healthy.
   
   True

2. Up to 10% of all older Americans are malnourished.

   True

3. Seniors facing hunger have an increased risk of chronic health conditions.

   True

4. Water makes up about 10% of your body weight.

   False

5. Protein is only found in meat.

   False

6. Even mild dehydration can drain your energy and make you feel tired.

   True

7. You should defrost food on the kitchen counter at room temperature.

   False

8. Saliva helps lubricate food so that swallowing takes place without effort.

   True

9. Foods from animals, raw foods, and unwashed vegetables all can contain germs that cause food poisoning.

   True

10. The In-home aide should follow the plan of care related to dietary needs of the client related to therapeutic diet needs.

    True