April 2017 In-Home Aide Newsletter - Nutrition POST TEST

Name ______________________________________ Date ______________________

Circle True or False

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

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

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

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

5. Protein is only found in meat.
   True               False

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

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

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

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

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