1. Nutrition is the processes involved in the ingestion, digestion, absorption, and use of food and fluids by the body.

   True

2. Malnutrition is the lack of proper nutrition that occurs only because of a lack of food intake.

   False

3. Food is a basic need, and a person’s diet affects physical and mental well-being and function.

   True

4. The USDA MyPlate is designed to help people easily build a healthy plate during meal times.

   True

5. The USDA MyPlate advocates drinking sugary drinks instead of water.

   False

6. A healthy eating routine is important at every stage of life and can have positive effects that add up over time.

   True

7. Nutritional status is based on a person’s body composition, functional status, and the presence of illness or disease and is unique to each person.

   True

8. There are age related changes that affect nutrition.

   True

9. You should follow the client’s plan of care regarding preparing food or assisting a client to eat.

   True

10. Many different eating patterns can help a person manage their diabetes.

    True