In-Home Aide Newsletter - July 2022 Posttest Nutrition

Mark True or False

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

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

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

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

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

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

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 ☐ False ☐

8. There are age related changes that affect nutrition.
   True ☐ False ☐

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

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