**Nutritional Requirements**

Multi-choice questions (with answers)

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# Segment 1: What Is Nutrition?

1. What is nutrition?
	1. **The process of providing or obtaining food necessary for health and wellbeing**
	2. The process of monitoring and developing plans for appropriate intake of food
	3. The process of monitoring and eliminating unnecessary foods from a persons’ diet
	4. The process of understanding how different foods impact the body
	5. The process of eliminating foods to create different weight loss plans
2. Which one of the following is NOT a food group?
	1. Carbohydrates
	2. Proteins
	3. Vitamins
	4. Minerals
	5. **Sugars**
3. What food group is the main course of energy?
	1. Vitamins
	2. Minerals
	3. **Carbohydrates**
	4. Proteins
	5. Sugars
4. Fill in the blank: Carbohydrates are the sugars, \_\_\_\_\_\_\_\_\_\_\_\_, and fibres found in fruits, grains, vegetables, and milk products.
	1. Proteins
	2. **Starches**
	3. Nutrients
	4. Amino acids
	5. Organic compounds
5. What are proteins?
	1. Organic compounds essential for growth
	2. The bodies main source of energy
	3. Elements found in food
	4. **Essential nutrients for the human body**
	5. Nutrients that keep the body alive
6. Why should you only have small quantities of vitamins?
	1. Because the body only uses small amounts
	2. **Because they cannot be synthesized by the body**
	3. Too much can calcify organs
	4. Vitamins are found in every food therefore the body will naturally get vitamins
	5. This is incorrect, you need large amounts of vitamins
7. Which food group has the main role of body growth and repair?
	1. **Proteins**
	2. Carbohydrates
	3. Minerals
	4. Vitamins
	5. All of the above
8. Which of these is not a true statement about nutrition?
	1. Provides energy
	2. Keeps the cells in the body alive
	3. Prevents disease
	4. Helps recovery from illness
	5. **Keeps people long and lean**
9. As a person ages they require what?
	1. Carbohydrate rich foods
	2. Vitamin rich foods
	3. Protein rich foods
	4. **Nutrient rich foods**
	5. Mineral rich foods
10. Which of the following is classed as a feeding issue?
	1. Difficulty eating
	2. Discomfort or reaction
	3. Clinical condition
	4. Assistance required
	5. **All of the above**

# Segment 2: Dietary Requirements

1. As a person ages, what happens to their muscle?
	1. Their muscle tone increases
	2. **Their muscle tone decreases**
	3. Their muscle becomes calcified
	4. Their muscle becomes brittle
	5. There are no changes to muscle
2. What effect does decreased stomach acid have on nutritional intake?
	1. **Effects how nutrients and vitamins are absorbed**
	2. Causes the stomach to feel fuller faster
	3. Effects the types of food that can be eaten
	4. Causes the stomach to empty faster
	5. Effect’s absorption of protein
3. Which of the following is NOT a symptom of an allergic reaction?
	1. Sore stomach
	2. Itchy skin
	3. Trouble breathing
	4. **Decreased heart rate**
	5. Anaphylactic reaction
4. Where would a persons’ food preferences be noted?
	1. On a board in the kitchen
	2. In whatever system the kitchen staff have created
	3. **In the personal plan**
	4. It is up to the staff to remember
	5. Food preferences are not noted, only allergies
5. What is a metabolic rate?
	1. Speed at which you digest food
	2. Rate of absorption of meta-nutrition
	3. Rate at which a person becomes hungry again after eating
	4. **Speed at which your body burns calories**
	5. Speed at which the body eliminates waste product
6. Which of the following should appear in a personal plan?
	1. Any known allergies
	2. Any physical support required
	3. Food preferences
	4. Modifications to food
	5. **All of the above**
7. If a person has diabetes what must be monitored carefully?
	1. Their sodium intake
	2. Their calcium intake
	3. **Their sugar intake**
	4. Their calorie intake
	5. Their protein intake
8. The person who creates the meals plans needs to ensure who has the correct nutritional balance?
	1. People with allergies
	2. People who struggle with chewing and swallowing
	3. People who have dietary restrictions
	4. People who are underweight
	5. **Everyone**

# Segment 3: Healthy Eating

1. What is dehydration?
	1. **Loss of body fluid which impairs function**
	2. When the body does not absorb fluid
	3. When the body as received too much fluid
	4. When the organs fail as they are not receiving fluid
	5. When the body metabolises fluid
2. How much is a serving size of fluid?
	1. 150 ml
	2. 200 ml
	3. **250 ml**
	4. 300 ml
	5. 350 ml
3. When was the food pyramid developed?
	1. Late 80’s
	2. **Early 90’s**
	3. Late 90’s
	4. Early 2000’s
	5. Mid 2000’s
4. What is the general rule for a serving size for food?
	1. Size of a small plate
	2. Width of fingers
	3. **Size of fist**
	4. 100 grams
	5. 250 ml
5. Which food group should you have five servings a day of?
	1. Carbohydrates
	2. Essential fats
	3. Dairy
	4. Meat
	5. **Fruit and Vegetables**
6. How many servings a day should you have of essential fats?
	1. **1**
	2. 2
	3. 3
	4. 4
	5. 5
7. Meats, fish and poultry contain what?
	1. Fatty acids and protein
	2. **Protein and essential amino acids**
	3. Calcium and Zink
	4. Vitamins and minerals
	5. Fatty acids and calcium
8. What percentage of adults struggle to process lactose?
	1. 30%
	2. 45%
	3. 50%
	4. **75%**
	5. 100%
9. What food group should you have 4 servings of a day?
	1. Fats
	2. Fruit and Vegetables
	3. Dairy
	4. **Carbohydrates**
	5. Meats

# Segment 4: Life Stages

1. Babies need a lot of what when they are infants?
2. Magnesium and Iron
3. Calcium and protein
4. Calcium and Magnesium
5. **Protein and Iron**
6. Iron and Calcium
7. Milk given from the breast within the first 48 hours after birth is known as what?
8. Vitamin K
9. First milk
10. **Colostrum**
11. Breast milk
12. Afterbirth
13. At what life stage does the brain develop fastest?
14. **Infancy**
15. Child
16. Adult
17. Older adult
18. It grows at the same rate throughout
19. Around what age do you introduce solids into a diet?
20. 2 months
21. **6 months**
22. 1 year
23. 18 months
24. When they have teeth
25. Once a child is school age each food group should increase by how many servings?
26. **1**
27. 2
28. 3
29. 4
30. 5
31. What age range is a person considered an adolescent?
32. 12 – 15
33. 10 – 16
34. 13 – 16
35. 14 – 18
36. **13 – 18**
37. Poor quality foods decrease what?
38. **Energy levels**
39. Body mass
40. Appetite
41. Cell growth
42. Cognitive ability
43. Lack of good quality food intake is caused by what?
44. Poverty
45. Poor nutritional habits
46. Mental health
47. Cognitive issues
48. **All of the above**
49. A person is considered an older adult from what age?
50. 50
51. 55
52. 60
53. **65**
54. 70
55. Older adults do not require as many calories, how is this best reduced?
56. Skipping one meal a day
57. Reducing the number of fruits and vegetables
58. Reducing the number of proteins
59. Reducing the number of carbohydrates
60. **Keeping all the food groups and meals but reducing the portion sizes**

# Segment 5: Health Impairment

1. If a person is coeliac, what foods do they need to avoid?
	1. Fish and seafood
	2. Dairy
	3. **Gluten**
	4. Salt
	5. Sugar
2. If a person has heart failure what foods do they need to avoid?
	1. Fish and seafood
	2. Dairy
	3. Gluten
	4. Sugar
	5. **Salt**
3. What does anaphylaxis mean?
	1. **It is a term used to describe the most severe type of allergic reaction which can be fatal**
	2. It is a term used to describe a true allergy to something
	3. It is a term used to describe any form of allergic reaction
	4. It is a term used to describe severe allergic reactions to foods
	5. It is a term used to describe when a person claims to be allergic to something
4. When someone is unable to process milk products it is because they are missing an enzyme called what?
	1. Lactose
	2. **Lactase**
	3. Lactulose
	4. Lactic acid
	5. Lactose acid
5. How many types of diabetes are there?
	1. 1
	2. **2**
	3. 3
	4. 4
	5. 5
6. People develop diabetes when their body cannot make or properly use what?
	1. Lactase
	2. Sugar
	3. Peptide
	4. **Insulin**
	5. Trypsin
7. What is it called when blood sugar levels get too low?
	1. **Hypoglycaemia**
	2. Hyperglycaemia
	3. Diabetic shock
	4. Diabetic coma
	5. Hypovolemic shock
8. The difference between intolerance and allergy is what?
	1. They type of reaction they have
	2. Whether they have a reaction or not
	3. **The severity of the reaction**
	4. What they are allergic or intolerant to
	5. Whether it is diagnosed or suspected
9. Which of the following is NOT a sign of a reaction?
	1. Bloating and cramping
	2. Swelling and itching
	3. Hives or rash
	4. **Confusion and disorientation**
	5. Swelling in the throat

# Segment 6: Nutrition and Weight

1. In a low-fat diet, Saturated fats should make up what percentage of the diet?
2. 0%
3. 3 – 7%
4. **7 – 10%**
5. 10 - 15%
6. no more than 20%
7. Fats do what body functions?
8. **Cell growth and warmth**
9. Muscle repair and warmth
10. Digestion and warmth
11. Red blood cell storage
12. White blood cell repair
13. What should you do to meat if you are on a low-fat diet?
14. Not consume it
15. **Trim the fat off**
16. Bake it
17. Marinate it
18. Only eat organic
19. People on a low-fat diet should eat plenty of what?
20. Packed food so they can read the label to know how much fat is in the food
21. Fruits and vegetables
22. Carbohydrates
23. Protein
24. **Vegetables and wholegrain foods**
25. If a person is trying to lose weight, they need to eat less calories than what?
26. They normally would
27. **Their body uses**
28. Recommended for a person their height
29. The BMI Calculator indicates
30. This is false information, the quality of the food needs to change, not the number of calories
31. A person trying to lose weight should cut out which food group?
32. Fats
33. Carbohydrates
34. Proteins
35. Dairy
36. **They should not cut out any food group, just change the portion size**
37. People who need to gain weight need to be on a diet that is high in what?
38. Protein and carbohydrates
39. Fats and protein
40. Protein and more meals
41. **Calories and high-quality nutrition**
42. Quality and number of meals
43. A high protein diet is when at least what percentage of the daily energy requirements are delivered from a protein source?
44. 10%
45. 20%
46. **30%**
47. 40%
48. 50%
49. If a person is struggling to get their daily essential nutritional requirements in, what can they do?
50. **Take supplements**
51. Increase the number of meals
52. Eat an organic diet
53. Work on getting enough protein and then work on each food group at a time
54. Eat what they want, very few people manage to eat all their nutritional requirements

# Segment 7: Diets and Culture

1. What is Halal?
	1. **Meat that has been killed according to Muslim practice**
	2. Meat that has been killed according to Jewish practice
	3. Meat that has been killed according to Hindu practice
	4. Food that has been prepared in a specific way according to Muslim beliefs
	5. Food that has been prepared according to Jewish customs
2. What is Manaakitanga?
	1. A traditional Maori welcome
	2. **A Maori principle around fostering relationship**
	3. A way of preparing food according to Maori beliefs
	4. Something that is sacred and special
	5. The connection between food and spiritual wellbeing
3. Which of the following is NOT a common food eaten in the Pacific Islands?
	1. Coconut
	2. Fish4
	3. Sweet potato
	4. Yam
	5. **Cow**
4. What is Ramadan?
	1. The way food is prepared
	2. Food that is acceptable in Jewish culture
	3. **Fasting between sunrise and sunset for prayer and reflection**
	4. A humane way of culling animals
	5. A celebration where specific foods are served
5. What animals are kosher?
	1. All seafood
	2. Animals fed on organic grass and grains
	3. **Animals without split hooves and chew their cud**
	4. No animals are Kosher
	5. All animals are kosher, it is about how you prepare them
6. How do you know what specific guidelines a Hindu will follow?
	1. Practices are the same, they will not eat beef, anything else is fine
	2. It will depend on the area they are from
	3. Play it safe and serve vegetarian options
	4. **Ask the person and put the answers in their personal plan**
	5. If they do not tell you what they believe they are not a practicing Hindu and therefore it does not matter

7) How can you keep food Kosher in the kitchen?

* 1. It is impossible in an industrial kitchen
	2. **Have certain machines and utensils specific for cooking kosher food**
	3. It is not about food preparation, as long as you are using kosher food it is fine
	4. Food is Kosher once it has been prayed over
	5. Food and medicine should not be in the same fridge

8) People who are Muslim do not eat what meat?

* 1. **Pigs**
	2. Cows
	3. Fish
	4. Poultry
	5. They do not eat any meat

# Segment 8: Food Preparation and Aid with Feeding

1. Food textures that have been modified are described in how many different ways?
	1. 1
	2. 2
	3. **3**
	4. 4
	5. 5
2. Which statement best gives the description for soft foods?
	1. Food that is naturally soft
	2. **Food that is naturally soft or cooked in a way that alters the texture to soft**
	3. Food that does not have to be chewed
	4. Food that is moist and easily digestible
3. Which statement best describes smooth foods?
	1. **Foods that have been pureed, lump free and moist**
	2. Foods that are liquid
	3. Foods that have been mashed up to form a thick paste
	4. Food which is cooked to alter the texture
	5. Food that will run off the spoon while leaving a coating on the spoon
4. How many recognised thicknesses are there for fluids?
	1. 2
	2. **3**
	3. 4
	4. 5
	5. 6
5. Which statement best describes Mildly thick liquids?
	1. Food that is able to sit on the spoon and does not flow off at all
	2. Food that resembles cake batter
	3. Food that will drop off the spoon in thick dollops
	4. **Food that will run freely off the spoon while leaving a coating on the spoon**
	5. Food that will run freely off the spoon and not leave a coating on the spoon
6. “Food that will drop off the spoon in thick dollops” is used to describe what thickness?
	1. Mildly thick
	2. Thick liquid
	3. **Moderately thick**
	4. Soft textured
	5. Extremely thick
7. Who endorses the texture descriptions?
	1. New Zealand Nursing Counsel
	2. Aged Care Association
	3. Health and Disability Commission
	4. **New Zealand Speech Therapy Association**
	5. No one has endorsed these descriptions, they have become generally accepted descriptions
8. Which of the following is NOT an example of a liquid diet food
	1. Protein shake
	2. Water
	3. Hot drinks
	4. Soup
	5. **Any ‘soft foods’**
9. What is dysphagia?
	1. A fear of food
	2. A fear of liquid food
	3. **Feeding or swallowing issues**
	4. Pain on eating
	5. Paralysis of the digestive organs
10. What is a common issues that can make it difficult or painful for a person to eat?
	1. **Dental problems**
	2. Some medications
	3. A persons’ life stage
	4. Cognitive impairment
	5. All of the above
11. How can illness or pain affect a persons’ ability to eat?
	1. It will only affect their ability if it is related to the digestive tract
	2. **It can affect their desire to eat**
	3. It will affect the type of textures they can consume
	4. It will mean they need to be on a liquid diet
	5. It will not have any impact on their ability to eat
12. Where can you go if you are unsure what support a person will need to eat?
	1. You can ask the person
	2. You can ask a co-worker
	3. There will be a list in the kitchen of people who need assistance
	4. **The persons personal plan should have the information**
	5. You will need to watch and observe people to see if they need assistance

# Segment 9: How Behavioural Issues Affect Eating

1. What should you do if a person is refusing to eat?
	1. Feed them yourself
	2. Take them to the table anyway
	3. Contact their family
	4. **Try and find out why**
	5. All of the above
2. Which of the following is NOT an example of refusing to eat?
	1. Holding food in mouth
	2. Spitting food out
	3. Saying “I’m not eating”
	4. Refusing to open their mouth
	5. **Wandering off**
3. When someone is refusing to eat, what is the ideal outcome?
	1. **You can find out why and resolve the issue**
	2. They give in to their hunger and eat of their own free will
	3. The family are able to persuade them to eat
	4. They respond to encouragement and agree to try
	5. They are able to get hospital treatment quickly
4. What is your role when someone is refusing to eat?
	1. Nothing
	2. Ring the family tell them it is their problem
	3. **Inform the Manager and Registered Nurse and record in the clients notes**
	4. Tell them they are naughty, and they need their food
	5. Pass it on to another caregiver to deal with
5. Which of the following is NOT an example of disruptive behaviour?
	1. Yelling
	2. Throwing food
	3. **Refusing to eat**
	4. Spitting food
	5. Eating another person’s food
6. Which of the following is a good strategy you can do to increase the chance of people eating?
	1. Ensure their dentures are in and fitting correctly
	2. Have them seated at a table
	3. Ensure they have the type of utensils they need
	4. Encourage them to eat using prompts
	5. **All of the above**
7. What do you do when someone is distracted and not eating?
	1. Dance like a clown to make them laugh
	2. Take their food away from them if they are not eating
	3. **Find out what is distracting them**
	4. Just let them look at what is going on in the room
	5. Scold them and coerce them into eating

# Segment 10: Identification of Behaviours and Strategies

1. What do you do when trying to identify a behaviour?
	1. Name what the problem is
	2. Describe where the behaviour occurs
	3. Note when it occurs
	4. Describe how they behave
	5. **All of the above**
2. Why is it important to find out why a person is behaving the way they are at mealtimes?
	1. It’s not important at all, they will get over it
	2. **It will make it easier to fix the problem**
	3. It will not make any difference to them
	4. It is not part of your job
	5. Just feed them jelly and ice cream that fixes all problems
3. What is the most important thing you can do to encourage people to eat?
	1. Tell them to eat
	2. **Be patient with them**
	3. Ensure the food is hot
	4. Give firm instructions
	5. Have them in an interesting environment
4. True or False: How well you know the person will impact on your ability to minimize behaviours
	1. **True**
	2. False
5. What other factors can impact of behaviour
	1. **How confident you are**
	2. The training you have had
	3. It has nothing to do with you
	4. The size of the facility
	5. The number of staff present
6. What are the general guidelines for managing behaviours at mealtimes?
	1. Policies and procedures are the same in every facility
	2. Walk away and leave them they will calm down eventually
	3. Be patient and understanding
	4. Sit them with people they don’t like, that will make sure they behave
	5. They will soon settle down if you sit and feed them
7. Which of the following is NOT a general rule for minimising behaviour?
	1. Showing respect
	2. **Having a secure facility**
	3. Being patient and understanding
	4. Listening to needs
	5. Planning ahead
8. True or false: How appealing the food looks and smells will help a person to eat
	1. **True**
	2. False

# Segment 11: Using Adaptive Strategies

1. When would you use adaptive cutlery?
	1. When a person has arthritis
	2. When a person does not want to eat
	3. **When a person is struggling to use regular cutlery**
	4. When a person is being messy with their food
	5. Whenever you think it would be easier
2. What does adaptive cutlery do?
	1. **Allows a person to be independent for longer**
	2. Helps a person be cleaner when they eat
	3. Reduces their muscle strength in hands
	4. Makes a person feel childlike
	5. Helps the support person to feed a person
3. What is an adaptive utensil?
	1. A utensil that is modified to make it easier to use
	2. Tool used to help eat food
	3. Tool used to help prepare food
	4. **All of the above**
	5. A and B only
4. Which of the following is NOT an adaptive cup?
	1. A cup specifically shaped for people who have difficulty breathing
	2. A cup with a sipper or spout to reduce flow
	3. A cup with handles to help hold
	4. A cup with a straw to reduce head movement
	5. **A cup that is weighted to help being held**
5. Where would you find what supports a person might need for eating
	1. Ask a staff member
	2. **In their personal plan**
	3. Ask the person what they usually use
	4. In the policies and procedures
	5. It could vary every day so you will need to assess what is best at the time
6. If a person is lying in bed, their bed needs to be elevated to how many degrees?
	1. It should not be elevated, they should be rolled to their side
	2. **30**
	3. 60
	4. 90
	5. They will need to be sat up to eat
7. If a person is sitting in bed, their torso and hips need to be at what degree?
	1. 10
	2. 30
	3. 50
	4. 60
	5. **90**
8. If you need to manipulate their jaw or lips, what needs to happen first?
	1. Wash hands
	2. Ask consent
	3. **Be trained**
	4. Signed policy
	5. Give mouthwash
9. True or false: The more you know a client, the better the job you can do for them
	1. **True**
	2. False