

**In- home aide Newsletter- August 2024 Post Test  
Nutrition**

**ANSWERS**

1. Nutrition is the taking in and use of food and other nourishing material by the body.

**True**

2. Nutrition is a 1-part process.

**False**

3. Nutrients are substances in foods that our bodies need so they can function and grow.

**True**

4. Nutrition is a critical part of health and development.

**True**

5. Getting a mix of healthy foods is important for health and can help with chronic disease management.

**True**

6. You can eat from one food group to get every essential nutrient needed.

**False**

7. Selecting, preparing and serving food are part of dietary practices.

**True**

8. Malnutrition, in every form, presents significant threats to human health.

**True**

9. A therapeutic diet or modified diet is a specific diet ordered for a person because of illness, condition, or preparation for a procedure.

**True**

10. The USDA My Plate has information on healthy eating choices.

**True**