

In- home aide Newsletter- August 2024 Post Test
Nutrition

Name: _____ **Date:** _____

Mark True or False

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

True

False

2. Nutrition is a 1-part process.

True

False

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

True

False

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

True

False

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

True

False

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

True

False

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

True

False

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

True

False

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

False

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

True

False