

Nutrition Training Test - Use attached Answer Sheet

Instructions: Please circle the answer to each question. Thirty-two correct answers (80%) are required to pass this course. Once you have completed the test, turn into your manager.

1. To find a balance between food and physical activity the Food Guide Pyramid recommends physical activity for at least 30 minutes most days of the week.
 - a. True
 - b. False

2. After arriving at the group home for your assigned shift, you discover that you are responsible for dinner preparation. Which of the **following tasks should you do first?**
 - a. Check shelves and refrigerator for food.
 - b. Check all food supplies for freshness.
 - c. Preheat the oven.
 - d. Set plates and utensils on the table.
 - e. Review menu and recipes for the dinner meal.

3. Which of the following is **not** an appropriate reason to make a menu substitution?
 - a. Client birthday and requests pizza for dinner.
 - b. Staff member dislikes planned menu.
 - c. Thanksgiving holiday.
 - d. Fourth of July picnic.
 - e. Power failure.

4. What is the **single most important factor** to prevent the spread of bacteria?
 - a. Keep animals out of the kitchen.
 - b. Wearing clean clothes and a hair restraint.
 - c. Washing hands.
 - d. Preventing smoking in the kitchen.
 - e. Sterilize all dishes and utensils after each meal.

5. The Food Guide Pyramid states you should eat 6 oz. of bread, rice, cereal, pasta or other grains per day and half of those servings should be whole grain.
 - a. True
 - b. False

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6. To help guarantee freshness and quality, choose:
 - a. Clean, fresh foods.
 - b. Government- inspected meats, fish, poultry, eggs and milk.
 - c. Cans that are free of rust, dents and bulges.
 - d. A and C are correct.
 - e. All of the above.

7. To effectively sanitize hand washed dishes, chlorine bleach can be added to either the wash water or the rinse water.
 - a. True
 - b. False

8. Identify the food temperature danger zone:
 - a. 70-140 ° F.
 - b. 32-150 ° F.
 - c. 0-100 ° F.
 - d. 40-140 ° F.
 - e. 32-212 ° F.

9. Which of the following symptom is **NOT** a sign of a swallowing problem?
 - a. Gagging or coughing during or after eating or drinking.
 - b. Unexplained weight loss.
 - c. Drooling.
 - d. Unexplained weight gain.
 - e. Frequent respiratory infections.

10. The risk of food-borne illness can be reduced by:
 - a. Cooking food to at least 100 ° F.
 - b. Thawing foods on the counter.
 - c. Using a different cutting board for raw chicken and fresh vegetables.
 - d. Allowing leftovers to cool to room temperature before refrigerating.
 - e. Avoiding the use of mayonnaise.

11. Foods should be stored away from pet foods, poisonous or toxic materials, including cleaning supplies.
 - a. True
 - b. False

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12. Disinfectants such as Lysol® or Pinesol® are cleaning products that can be used as an exact substitute for chlorine bleach for cleaning and sanitizing kitchen counters and appliances.
- True
 - False
13. There are three teaspoons in 1 tablespoon.
- True
 - False
14. Which of the following methods is an acceptable way to dry dishes and utensils:
- Using fresh paper towels.
 - Using clean cloth towel.
 - Air drying on a rack.
 - Using the heated drying cycle of a dishwasher.
 - A, C and D are correct.
15. Which is an appropriate substitution for ½ cup orange juice.
- ½ c. coffee.
 - ½ c. apple juice
 - ½ c. orange flavored powdered drink mix.
 - ½ c. grapefruit juice.
 - ½ c. milk.
16. A modified diet is a physician's order:
- True
 - False
17. Using recipes to prepare foods is important because:
- Recipes contain a list of ingredients necessary to prepare food.
 - Recipes provide direction for preparation of food.
 - Recipes produce foods that are consistent in quality, quantity, and nutritive value.
 - All of the above
 - None of the above.
18. Which of the following is a sign of spoilage of a canned food?
- Leaking can.
 - Contents are off color.
 - Contents have mold.
 - Can is bulging.
 - All of the above.

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19. Food must be served within ____ minutes of removal from a heat source:
- 60 minutes.
 - 15 minutes.
 - 40 minutes.
 - 30 minutes
 - 20 minutes.
20. Water is one of the 6 key nutrients for good health.
- True
 - False
21. Involving clients to the maximum of their abilities and interest in menu planning, shopping, cooking and clean-up helps them develop independent living skills.
- True
 - False
22. All leftovers must be reheated to at least 120°F to kill off bacteria that may cause food borne illness.
- True
 - False
23. According to the monthly weight record, Joe's weight has dropped from 120# to 108# in 4 weeks. What should be done first?
- Increase food portions.
 - Wait one month to see if his weight decreases further.
 - Notify the appropriate health care provider promptly.
 - Add snacks.
 - Immediately re-weigh Joe to verify that he has lost weight.
24. When sanitizing with a bleach solution, you must rinse off the bleach before air drying.
- True
 - False
25. If you lose power to your freezer, in the first 4-6 hours you should keep the freezer door closed.
- True
 - False

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26. The written menu is the foundation of the food service.
- True
 - False
27. When preparing food for a group home or individual on a special diet it doesn't matter if you follow a recipe or dietary guide just as long as you make sure the plate is attractive.
- True
 - False
28. What should you do if you think a jar of food you just opened might be spoiled?
- Taste just a tiny amount to see if it tastes spoiled.
 - Boil the contents for at least 2 minutes before eating it.
 - Cover it back up and throw it away or return it to the store.
 - Store it in the refrigerator to see if it develops mold.
 - Mix it with another jar of the same food to dilute the bacteria.
29. Food on the lower shelves of the refrigerator should be covered to protect it from spills from upper shelves.
- True
 - False
30. Fresh or frozen meat should be stored on the top shelf of the refrigerator where it is the coldest.
- True
 - False
31. Hot food should be cooled to room temperature before refrigerating.
- True
 - False
32. Which of the following is a symptom of food poisoning?
- Diarrhea
 - Vomiting
 - Nausea
 - Abdominal cramps
 - All of the above
33. Food cools quicker in containers that are at least 6 inches deep.
- True
 - False

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34. To prevent contamination, dishes can be air dried or dried with a single service paper towel.
- True
 - False
35. A sharp knife is safer than a dull knife.
- True
 - False
36. Liquid spilled on the kitchen floor during meal preparation can be left for clean-up after the meal.
- True
 - False
37. To reduce harmful bacteria to a safe level in a leftover ground meat item, it should be reheated to an internal temperature of:
- 135°F
 - 145°F
 - 155°F
 - 165°F
 - 185°F
38. The correct sequence for cleaning a counter is :
- Wash; sanitize; rinse; air-dry.
 - Rinse; sanitize; wash; air-dry.
 - Sanitize; wash; rinse; air-dry.
 - Wash; rinse; sanitize; air-dry.
 - Rinse; wash; sanitize; air-dry.
39. Large pieces of broken glass can be picked up by hand before sweeping up the smaller pieces.
- True
 - False
40. Flies are best controlled by:
- Keeping the doors closed whenever possible.
 - Nothing can be done to remove flies from the home.
 - 357 Magnum
 - Bats.
 - Importing bigger insects.



Training Unit
Answer Sheet

Name: _____ Signature: _____
Agency: _____ Work Location: _____
Date: _____
Course: Nutrition

I attest, by filling out below, that I have reviewed the content for the circled course above and have completed the test to the best of my ability.

Once you have completed the test, turn into your manager.

Choose the one best answer for each question. Mark your answer below by circling the appropriate letter for each question.

- | | | | | | |
|----|-----------|----|-----------|----|-----------|
| 1 | A B C D E | 15 | A B C D E | 29 | A B C D E |
| 2 | A B C D E | 16 | A B C D E | 30 | A B C D E |
| 3 | A B C D E | 17 | A B C D E | 31 | A B C D E |
| 4 | A B C D E | 18 | A B C D E | 32 | A B C D E |
| 5 | A B C D E | 19 | A B C D E | 33 | A B C D E |
| 6 | A B C D E | 20 | A B C D E | 34 | A B C D E |
| 7 | A B C D E | 21 | A B C D E | 35 | A B C D E |
| 8 | A B C D E | 22 | A B C D E | 36 | A B C D E |
| 9 | A B C D E | 23 | A B C D E | 37 | A B C D E |
| 10 | A B C D E | 24 | A B C D E | 38 | A B C D E |
| 11 | A B C D E | 25 | A B C D E | 39 | A B C D E |
| 12 | A B C D E | 26 | A B C D E | 40 | A B C D E |
| 13 | A B C D E | 27 | A B C D E | | |
| 14 | A B C D E | 28 | A B C D E | | |

Instruction for Manager: If CLS or B-Contract, grade and keep for your own records. Records will be reviewed during site visits. If A-Contract, send completed (ungraded) answer sheet to the Training Unit.

Grade*: _____ out of _____ *must equal 80% or above to pass Manager Initials _____