

Group Home Curriculum

Nutrition Test

Instructions: Choose the **one best answer**, and mark it on your answer sheet only. **Please do not write on the test.**

1. When you are working with an individual the best way to encourage eating healthier is to model eating healthier yourself.
 - A. True
 - B. False
2. Adults do not need calcium in their diet since they are done growing.
 - A. True
 - B. False
3. Which of the following is **NOT** an appropriate reason to make a menu substitution?
 - A. Person's 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 way** 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.
5. MyPlate Guidelines include recommendations to vary the vegetables that you eat every day.
 - A. True
 - B. False
6. What is the right way to determine the portion size of goldfish crackers?
 - A. Fill a bowl with crackers – 1 bowl equals one portion
 - B. Divide the crackers evenly among all the individuals
 - C. Read the Nutrition Facts label
 - D. Don't worry about it as goldfish crackers don't have calories
7. To correctly sanitize hand washed dishes, chlorine bleach should be added wash water.
 - A. True
 - B. False

8. What is 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.

11. Disinfectants such as Lysol® or Pinesol® can be used as a substitute for chlorine bleach when cleaning and sanitizing kitchen counters and appliances.
 - A. True
 - B. False

12. Which is an appropriate substitution for ½ cup orange juice.
 - A. ½ c. coffee.
 - B. ½ c. ice cream
 - C. ½ c. orange flavored crystal light.
 - D. ½ c. grapefruit juice.
 - E. ½ c. milk.

13. A calorie controlled diet is a physician's order.
 - A. True
 - B. False

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14. Food must be served within ____ minutes of removal from a heat source:
 - A. 60 minutes.
 - B. 15 minutes.
 - C. 40 minutes.
 - D. 30 minutes
 - E. 20 minutes.

15. Water is essential for good health.
 - A. True
 - B. False

16. Involving individuals to the maximum of their abilities and interest in menu planning, shopping, cooking and clean-up helps them develop healthy life habits.
 - A. True
 - B. False

17. According to the monthly weight record Joe's weight has dropped from 120# to 108#. What should be done first?
 - A. Increase food portions.
 - B. Wait one month to see if his weight decreases further.
 - C. Add an oral supplement.
 - D. Immediately re-weigh Joe to verify that he has lost weight.

18. If you lose power to your freezer, in the first 4-6 hours you should keep the freezer door closed.
 - A. True
 - B. False

19. When preparing a meal for an individual on a special diet you don't have to follow the diet order if you make menu substitutions.
 - A. True
 - B. False

20. If someone is on a puree diet it is ok to give them a piece of watermelon without pureeing it because you can see them chewing and they don't cough.
 - A. True
 - B. False

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21. Fresh or frozen meat should be stored on the top shelf of the refrigerator where it is the coldest.
 - A. True
 - B. False

22. Hot food should be cooled to room temperature before refrigerating.
 - A. True
 - B. False

23. To prevent contamination, dishes can be air dried or dried with a single service paper towel.
 - A. True
 - B. False

24. To reduce bacteria in leftovers it should be reheated to an internal temperature of:
 - A. 135°F
 - B. 145°F
 - C. 155°F
 - D. 165°F
 - E. 185°F

25. The correct order for cleaning a hand washed dishes is:
 - A. Wash; sanitize; rinse; air-dry.
 - B. Rinse; sanitize; wash; air-dry.
 - C. Wash; rinse; sanitize; air-dry.
 - D. Rinse; wash; sanitize; air-dry.