NUTRITION BASICS AND FEEDING THE PATIENT

1) Which of the following is the correct definition of a calorie?
   a) A measurement of the amount of energy in a particular amount of food.
   b) A measurement of the nutrient content of a particular amount of food.
   c) The measurement of the amount of fat in a particular amount of food.
   d) The measurement of the liquid content in a particular amount of food.

2) Which of the following is the correct definition of a nutrient?
   a) A measurement of the amount of energy in a particular amount of food.
   b) A chemical substance found in food that is essential for life.
   c) A chemical substance in food that is made up of minerals and vitamins.
   d) A measurement of the weight and calories in a particular amount of food.

3) Which of the following are ways that the body loses fluid?
   a) Conduction, urination, radiation.
   b) Convection, evaporation from the lungs, sweating.
   c) Sweating, evaporation from the lungs, urination.
   d) Blood loss in the stool, urination, sweating.

4) Which of the following are the macronutrients?
   a) Fats, proteins, carbohydrates.
   b) Vitamins, minerals, starches.
   c) Fats, sugars, vegetables.
   d) Carbohydrates, minerals, vitamins.

5) What do the letters NPO stand for?
   a) Nothing after midnight.
   b) Nothing by mouth.
   c) Nothing with sugar.
   d) Nothing before breakfast.

6) Which of the following are micronutrients?
   a) Fats and vitamins.
   b) Calories and minerals.
   c) Proteins and calcium.
   d) Minerals and vitamins.

7) Which of the following is the correct definition of the gag reflex?
   a) A reflex that prevents vomiting.
   b) A reflex that prevents heat loss.
   c) A reflex that prevents aspiration.
   d) A reflex that prevents loss of bladder control.
8) When feeding a patient it is important to
   a) Always give the patient privacy.
   b) Cut the food into large pieces.
   c) Never leave the patient alone with the food.
   d) Feed the patient as quickly as possible.

9) True or false: Aspiration can occur with no signs/symptoms.
   a) True.
   b) False.

10) Which of the following is an important rule regarding a patient’s food and fluid intake?
    a) Always check the chart before giving a patient anything to eat or drink.
    b) Always make sure the patient has plenty of fluids at the bedside.
    c) Make sure the patient has supplemental food by the bedside.
    d) Always make sure the patient eats all of his/her meal.