

In-Home Aide Newsletter- August 2025 Posttest -Nutrition

Name: _____ **Date:** _____

Mark True or False

1. Nutrition plays a key role in the health of an individual.

True

False

2. Many chronic conditions can be helped with good nutritional practices.

True

False

3. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups.

True

False

4. A person living with a chronic condition may be on a specialized therapeutic diet prescribed by their healthcare provider.

True

False

5. Older adults would not have changing dietary needs and a heightened risk of malnutrition.

True

False

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

True

False

7. There are some changes that can happen as a person ages that can make it harder for them to eat healthy.

True

False

8. A person should drink enough liquids to avoid getting dehydrated.

True

False

9. A mechanically altered diet requires a change in the texture of food or liquids.

True

False

10. Water is not an essential nutrient.

True

False