

In-Home Aide Newsletter- August 2025 Posttest -Nutrition

ANSWERS

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

True

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

True

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

True

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

True

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

False

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

True

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

True

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

True

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

True

10. Water is not an essential nutrient.

False