

## Nutrition Essentials for Nursing Practice 9th Edition Dudek Test Bank

Chapter 1 Nutrition in Health and Health Care  
& Chapter 2 Guidelines for Healthy Eating

### MULTIPLE CHOICE

1. Examples of informal education include

- a.attending a workshop on coronary artery disease sponsored by the American Heart Association.
- b.watching a television show about diabetes.
- c.learning about food safety techniques in a high school economics course.
- d.joining a support group to help overcome an eating disorder.

ANS: B

Watching a television show about diabetes is an example of informal education because it is an experience that occurs through a daily activity. Attending a workshop or joining a support group would be considered nonformal education; a high school course would be considered formal education.

DIF:Cognitive Level: ApplyingREFPage 6

TOP: Nursing Process: Implementation MSC: Client Needs: Health promotion and maintenance

2. A college student exercises regularly and generally eats a healthy variety of foods, is taking a course in general nutrition, buys locally produced food whenever possible, is an active member of an on-campus faith-based organization, and keeps a journal to help process her emotions. What else could be important for her to include in her life in order to develop her overall wellness?

- a.Growing some of her own food
- b.Keeping a food record to help evaluate what she eats
- c.Eating meals with friends throughout the week
- d.Meeting with a registered dietitian to review her food choices

ANS: C

# Nutrition Essentials For Nursing Chapter 12

**Y Pai**



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