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Clients’ Nutritional Needs

1. Describe the importance of proper nutrition and list the six basic nutrients

Short Answer

Write the letter of the correct nutrient beside each description. Use a W for water, C for carbohydrates, P for protein, F for fats, V for vitamins, and M for minerals. Letters may be used more than once.

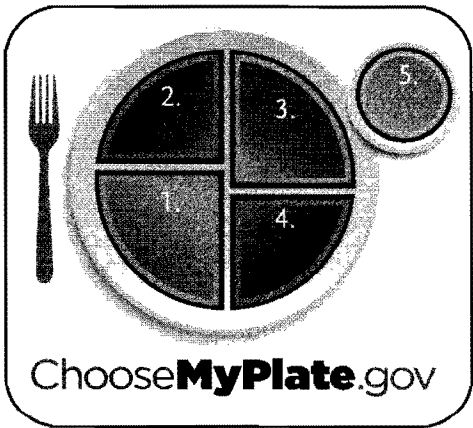
- 1. _____ Sources include seafood, beans, poultry, and vegetarian meat substitutes.
- 2. _____ A person can survive only a few days without this.
- 3. _____ These build bones and help in blood formation.
- 4. _____ These add flavor to food and help to absorb certain vitamins.
- 5. _____ Examples include bread, cereal, and potatoes.
- 6. _____ They are essential for tissue growth and repair.
- 7. _____ The body cannot make most of these nutrients; they must be obtained by eating certain foods.
- 8. _____ They provide fiber, which is necessary for bowel elimination.
- 9. _____ They may come from plant sources such as olives and nuts.
- 10. _____ This is the most essential nutrient for life.
- 11. _____ Categories include monounsaturated and saturated.
- 12. _____ This helps to maintain body temperature through perspiration.
- 13. _____ These can be fat-soluble or water-soluble.

- 14. _____ These help the body store energy.
- 15. _____ Iron and magnesium are examples.

2. Describe the USDA's MyPlate

Short Answer

The USDA developed the MyPlate icon and website to help promote healthy eating practices. Looking at the MyPlate icon below, fill in the food groups.



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Short Answer

Read the following descriptions and mark which each is describing—V for vegetables, F for fruits, G for grains, P for protein, and D for dairy. Letters will be used more than once.

- 6. _____ This group includes foods that retain their calcium content, such as yogurt and cheese.

7. _____ Wheat, rice, oats, cornmeal, and barley are examples.
8. _____ Plant sources of this include beans and soy products.
9. _____ Eating seafood twice a week in place of meat or poultry is recommended for this group.
10. _____ Most choices from this group should be fat-free or low-fat.
11. _____ They are important sources of dietary fiber and many nutrients, including folic acid and vitamin C.
12. _____ Half of a person's plate should consist of choices from these two groups.
13. _____ At least half of all of these consumed should be "whole."
14. _____ One subgroup of these contains bran, germ, and endosperm.
15. _____ These products contain calcium, potassium, vitamin D, and protein.
16. _____ Within this group, dark green, red, and orange types have the best nutritional content.
17. _____ Animal sources of this include meat, poultry, seafood, and eggs.

Multiple Choice

18. MyPlate's guidelines state that half of a person's plate should be made up of
 - (A) Grains and protein
 - (B) Vegetables and fruits
 - (C) Seafood and dairy
 - (D) Grains and dairy
19. Vegetables that are this color have the best nutritional content:
 - (A) Dark green
 - (B) Light yellow
 - (C) Dark purple
 - (D) Light brown
20. Most of a person's fruit choices should be
 - (A) Frozen fruit
 - (B) Smoothies
 - (C) Cut-up fruit
 - (D) Fruit juice

21. What kinds of grains are best to consume?
 - (A) Refined grains
 - (B) White grains
 - (C) Whole grains
 - (D) Corn grains
22. Which of the following is considered a plant-based protein?
 - (A) Salmon
 - (B) Eggs
 - (C) Sausage
 - (D) Beans
23. Oatmeal and pasta are examples of foods made from which food group?
 - (A) Vegetables
 - (B) Fruits
 - (C) Grains
 - (D) Protein
24. Most dairy group choices should be
 - (A) Whole-fat
 - (B) 2% fat
 - (C) Half-and-half
 - (D) 1% fat
25. Which of the following foods is considered high in sodium?
 - (A) Apple
 - (B) Pickle
 - (C) Avocado
 - (D) Corn

3. Identify ways to assist clients in maintaining fluid balance

True or False

1. _____ Ice chips should be offered when a client has a swallowing problem.
2. _____ Fluid overload occurs when the body is unable to handle the amount of fluid consumed.
3. _____ The sense of thirst diminishes in elderly people.
4. _____ People can become dehydrated by vomiting too much.
5. _____ If a client has an NPO order, he can drink water but no other type of fluid.

6. ____ In general the home health aide should encourage clients to drink every time she sees them to help prevent dehydration.
7. ____ One symptom of dehydration is dark urine.

4. Identify nutritional problems of the elderly or ill

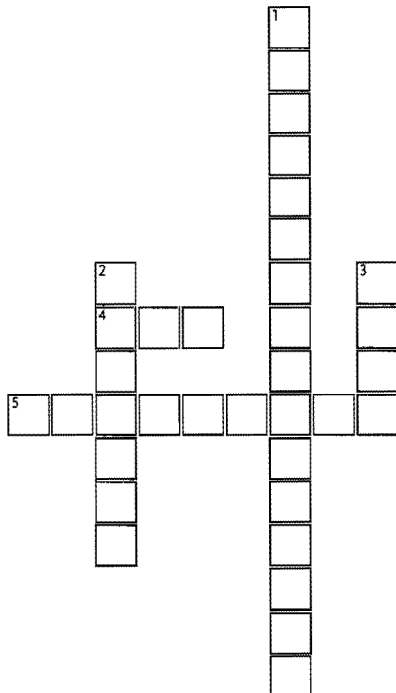
Crossword

Across

4. Type of tube placed into the stomach through the abdominal wall for feeding a person (abbreviation)
5. Type of liquid that may be used for someone who has difficulty swallowing

Down

1. Skin breakdown due to weight loss can lead to these
2. Position clients should be in for eating
3. Temperature of food that may be preferable for someone suffering from nausea



Short Answer

Make a check mark (✓) by all of the correct guidelines for working with clients who require tube feedings.

6. ____ The home health aide should remove the tube when the feeding is finished.
7. ____ During the feeding, the client should remain in a sitting position with the head of the bed elevated at least 45 degrees.
8. ____ Redness or drainage around the opening should be reported.
9. ____ HHAs are responsible for slowly pouring feedings into the tube.
10. ____ HHAs should give careful skin care for clients who must remain in bed for long periods to help prevent pressure injuries.
11. ____ It is important for the HHA to wash his hands before assisting in any way with a tube feeding.
12. ____ After a client has had a tube feeding, the HHA should help the client to lie down flat on his back.

5. Demonstrate awareness of regional, cultural, and religious food preferences

Short Answer

Briefly describe some of the foods you ate while growing up. Were there any special dishes that your family made that were related to your culture, religion, or region?

6. List and define common health claims on food labels

Fill in the Blank

- _____ meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones.
- _____ products may contain artificial sweeteners, such as saccharin or aspartame.
- If a product is labeled _____ or _____, it usually does not contain much fat.
- The claims of _____, *healthy*, or *good for you* may have little or no meaning.
- Clients who must reduce their sodium or salt intake should eat foods labeled _____, _____, or _____.
- The best way to limit _____ is to avoid foods containing animal fats.
- If a product is labeled _____, it means that the chickens producing the eggs have been allowed access to the outside for an unspecified period of time.
- For a product to be labeled _____, gluten must be limited to less than 20 parts per million (ppm) and it should not contain any wheat, rye, barley, or crossbreeds of these grains.

7. Explain the information on the FDA-required Nutrition Facts label

Multiple Choice

- Why does the label have a subcategory of *added sugars* under *total sugars*?
 - Because most people do not get enough sugar in their diet
 - Because added sugar is healthier than the normal amount of sugar that a product contains
 - Because it gives a suggestion for how much sugar to add to a food to make it sweeter
 - Because it helps people understand how much sugar has been added to a product, as excessive sugar has been linked to many diseases
- Which of the following minerals is required to be on the Nutrition Facts label?
 - Zinc
 - Selenium
 - Phosphate
 - Iron
- The standardized nutrition label on all packaged foods is called the
 - Percentage label
 - Food Information label
 - Nutrition Facts label
 - Serving Size Information label
- The recommended daily totals on the label are based on a _____-calorie diet.
 - 2,500
 - 2,000
 - 1,000
 - 5,000

8. Explain special diets

Matching

For each of the following diets, choose the best description from those listed below. Use each letter only once.

- _____ Bland Diet
- _____ Diabetic Diet

3. ____ Flexitarian Diet
 4. ____ Fluid-Restricted Diet
 5. ____ Gluten-Free Diet
 6. ____ High-Potassium Diet
 7. ____ High-Residue Diet
 8. ____ Liquid Diet
 9. ____ Low-Fat Diet
 10. ____ Low-Protein Diet
 11. ____ Low-Residue Diet
 12. ____ Low-Sodium Diet
 13. ____ Mechanical Soft Diet
 14. ____ Modified Calorie Diet
 15. ____ Pescatarian Diet
 16. ____ Pureed Diet
 17. ____ Soft Diet
 18. ____ Vegan Diet
 19. ____ Vegetarian Diet
- (A) To prevent further heart or kidney damage, doctors may restrict fluid intake on this diet.
- (B) This diet consists of foods that are in a liquid state at body temperature, and it is usually ordered as *clear* or *full*.
- (C) This diet consists of soft or chopped foods that are easy to chew; foods that are hard to chew and swallow, such as raw vegetables, are restricted.
- (D) People who have kidney disease may also be on this diet, which encourages foods like breads and pasta.
- (E) People who have had heart attacks or who have heart disease may be placed on this diet, which at a minimum limits the intake of saturated fat.
- (F) Carb counting may be part of this diet, as the amount of carbohydrates eaten must be carefully regulated.
- (G) Salt is restricted in this diet.
- (H) This diet is used for losing weight or preventing weight gain.
- (I) The food used in this diet has been ground into a thick paste of baby-food consistency.
- (J) Often used for people who have gastric ulcers, this diet involves avoiding alcohol, spicy foods, and citrus juices, among other items.
- (K) Health reasons, a dislike of meat, a compassion for animals, or a belief in nonviolence may lead a person to this diet.
- (L) Used for people with celiac disease, this diet eliminates foods containing wheat flour, such as tortillas, crackers, breads, and pasta.
- (M) Foods high in this mineral will be encouraged in this diet; this includes bananas, prunes, dried apricots, figs, and sweet potatoes.
- (N) This diet increases the amount of fiber and whole grains ingested and it helps prevent constipation.
- (O) This is a completely plant-based diet that eliminates all animals, eggs, dairy products, and foods derived from animals.
- (P) This diet is used for people who have bowel disorders and reduces the amount of fiber, whole grains, and raw fruits and vegetables ingested.
- (Q) Plant-based foods are eaten primarily in this diet, but meats and other animal products are also eaten occasionally.
- (R) Foods in this diet are chopped or blended and are prepared using blenders, food processors, meat grinders, or cutting utensils.
- (S) All meats and poultry are eliminated in this diet, but fish and other seafood are allowed.

9. Describe guidelines for assisting with eating

Multiple Choice

1. In which position should clients be when they are eating?
 - (A) Sitting upright
 - (B) Reclining
 - (C) Lying on their sides
 - (D) Standing

2. Ways to promote a client's dignity while feeding include
 - (A) Asking the client, "Can you eat quickly tonight? I've still got to give you a bath."
 - (B) Asking the client, "Which food would you like to try first?"
 - (C) Looking around the room while he is eating
 - (D) Mixing food whether or not the client has requested it
3. What is the best way for the home health aide to test the temperature of her client's food?
 - (A) The HHA should touch the food before serving it.
 - (B) The HHA should put the food in the freezer for a few minutes until the steam is gone.
 - (C) The HHA should try a bite before the client does.
 - (D) The HHA should put her hand over the dish to sense its heat.

True or False

4. ____ Clients who must be fed are often embarrassed and depressed about their dependence on another person.
5. ____ It is a good idea for the HHA to alternate offering food and drink while helping a client eat.
6. ____ The HHA should stand while helping a client eat.
7. ____ The HHA should give the client her full attention while the client is eating.
8. ____ The client's mouth should be empty before the HHA offers another bite of food.
9. ____ The HHA should refer to pureed green beans as "green stuff" so the client knows which dish the HHA is talking about.

10. Describe eating and swallowing problems a client may have**Multiple Choice**

1. In order to prevent aspiration, the HHA should keep the client in the _____ position after eating for at least 30 minutes.
 - (A) Upright
 - (B) Reclining
 - (C) Lying flat
 - (D) Side
2. Which consistency refers to the thickness of a thick juice, which is able to be drunk from a cup?
 - (A) Honey
 - (B) Pudding
 - (C) Pear
 - (D) Nectar
3. The medical term for difficulty swallowing is
 - (A) Aspiration
 - (B) Dysphagia
 - (C) Edema
 - (D) Diuretic
4. If a client has a doctor's order for thickened liquids, which of the following can the HHA offer to the client?
 - (A) Water
 - (B) Thickened soup
 - (C) Broth
 - (D) Milk
5. Which consistency refers to the liquid being semisolid, in which a spoon can stand up straight in the glass?
 - (A) Honey
 - (B) Pudding
 - (C) Pear
 - (D) Nectar