

Student Exercise

Complete the following short-answer questions.

1. List the five categories of nutrients.
 - a.
 - b.
 - c.
 - d.
 - e.

2. Name two non-nutrients. Identify the importance of each non-nutrient.
 - a.
 - b.

3. List the UDA basic food categories and give an example from each category.
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.

4. How do the elderly client's nutritional needs differ from those of a middle-aged adult?

5. List three items permitted on a clear liquid diet.
 - a.
 - b.
 - c.
6. List three items permitted on a full liquid diet.
 - a.
 - b.
 - c.
7. A sodium-restricted diet is low in ____.
8. What are two ways a nutritionally complete liquid diet can be provided?
 - a.
 - b.
9. Name two age-related changes affecting the digestive system.
 - a.
 - b.
10. Name two age-related changes affecting the endocrine system.
 - a.
 - b.
11. List three signs of hyperglycemia:
 - a.
 - b.
 - c.

12. List three signs of hypoglycemia:

a.

b.

c.

Circle the letter of the correct answer.

13. A chronic disease in which the pancreas does not produce sufficient insulin or the body does not effectively use the insulin secreted is called:

a. diabetes

b. hyperglycemia

c. hypoglycemia

d. peristalsis