

Answer Key for 2026 Nutrition Risk Update In-Service

All interactive questions and answers included in the online Nutrition Risk In-Service.

Knowledge check questions

1. What risk will be discontinued in 2026?

Answer: Risk 312 – History of Low Birth Weight

2. Molly just gave birth and is here for her recertification appointment. You pull up the Postpartum Health History Questionnaire and ask her if her baby was born at or before 37 weeks. She tells you she delivered at 35 weeks. You enter her answer in the data system. What risk will the data system automatically assign to Molly?

Answer: Risk 311 – History of Preterm or Early Term Delivery

3. Tasha is pregnant with her second child and is here for her certification appointment. You pull up the Prenatal Health History Questionnaire and ask her if this is her first child. She says no, and that her previous baby was born early at 34 weeks or so. You enter her answer in the data system. What risk will the data system automatically assign to Tasha?

Answer: Risk 311 – History of Preterm or Early Term Delivery

4. You are here with Jordan and completing her certification appointment. You ask her if she's taking any supplements. Jordan is pregnant and she says that she takes a CBD gummy at night to help her sleep. Starting October 1, 2026, what risk will you assign to Jordan?

Answer: I will manually assign Risk 427.1 to Jordan because she is pregnant and reported using CBD.

5. Laynie is here for her mid-certification postpartum appointment. She is still fully breastfeeding her twins. When you ask Laynie if she's taking any vitamins or supplements, she says she started drinking herbal tea with some CBD in it before work to help with her anxiety. Starting October 1, 2026, what risk will you assign to Laynie?

Answer: I will manually assign Risk 427.1 to Laynie because she is breastfeeding and reported using CBD.

6. Maria is a postpartum participant who is providing some breastmilk for her infant. While answering the question on the Diet Assessment Questionnaire, she tells you that she uses a CBD tincture nightly and the label says it has a small amount of THC. What risk do you need to manually assign Maria in this scenario?

Answer: I will manually assign Risk 372 because Maria is using a CBD product that includes THC.

7. Jesse tells you she thinks she is allergic to wheat because she gets cramps every time she eats bread. You ask her if she's discussed this with her health care provider, and she says no. Is this a self-diagnosis or a self-reported diagnosis?

Answer: Self-diagnosis. No risk assigned.

8. Tatiana shares that her doctor recently diagnosed her with an allergy to sesame. Is this a self-diagnosis or a self-reported diagnosis?

Answer: Self-reported diagnosis. Assign Risk 353.

9. Which of these was recently added as the ninth most common food allergy in the United States?

Answer: Sesame.

10. Leslie is here with her son, Oscar. Oscar was born at 5 pounds, 5 ounces. When you enter his weight, the data system assigns Risk 141A: Very Low Birth Weight. Oscar is now two months old and growth is looking great. Leslie is extra worried about making enough breast milk for Oscar, so she's asked you what she should do. What are two good ways you can support Leslie? Choose two options from the list below.

Answer: Refer Leslie to your agency's Designated Breastfeeding Expert (DBE) and Offer breastfeeding education and support to Leslie within the scope of your role.

Final practice questions

1. A postpartum participant, Maya, is here for her recertification appointment. Her baby was born at 36 weeks and weighed 5 lb 6 oz. Under current guidelines, the data system assigns both Risk 311: History of Preterm or Early Term Delivery and Risk 312: History of Low Birth Weight to Maya. Starting October 1, 2026, which risk assigned to Maya will be discontinued?

Answer: Risk 312 – History of Low Birth Weight

2. Nina shares that her doctor recently diagnosed her with an allergy to fish. Is this a self-diagnosis or a self-reported diagnosis?

Answer: Self-reported diagnosis. Assign Risk 353.

3. Which of the foods below is considered a common food allergy in the United States?

Answer: Sesame.

4. Lila is a breastfeeding participant here for her recertification appointment. You are completing Lila's Diet Assessment Questionnaire and ask her about her supplement use. Lila shares she takes a CBD tincture because she's heard it's good for sleep. Starting October 1, 2026, which risk will you manually assign to Lila?

Answer: Risk 427.1 – Inappropriate Use of Dietary Supplements.

5. Margo is here with her infant, Noel, for her certification appoint. Noel was born at 4lb, 4 oz, making her low birth weight. The data system auto-assigns Risk 141A to Noel. Margo tells you she is extra concerned about making enough milk for Noel for her to grow. What are two ways you can offer support to Margo?

Answer: Connect Margo to your local agency's Designated Breastfeeding Expert (DBE) or breastfeeding coordinator and Offer breastfeeding education and support to Margo within the scope of your role.