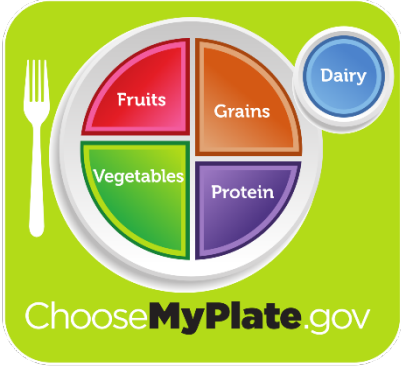


Level 2 Basic Nutrition

The Basics

Level 2	All CPA's must complete
Type	Online – Workday Learning Oregon
Completion time	3 hours
Complete	Within 6 months of hire
Certifiers Guide	4-9: Basic Nutrition
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

The **Basic Nutrition** online course is the foundation for all of the lifecycle nutrition courses WIC staff must complete. The course covers a wide range of information.

The following objectives are organized by where they are covered within the course. Upon completion of this course, learners will be able to:

Basic Nutrition Objectives

Introduction to Nutrition

- Basic Nutrition Concepts
 - Explain the relationship between nutrition and health
 - Identify health conditions that may be associated with poor nutrition intake.
 - Digestion
 - Identify the organs in the digestive tract that are part of the digestion process.
 - Describe the basic process of digestion.
- Nutrients and Energy
 - List the six categories of nutrients and identify their function in the body.
 - Determine a person's daily nutrient needs.
 - Explain the term “calorie” as related to energy needs for the body.
 - State the number of calories that specific nutrients provide.
- Carbohydrates

- Identify the two main functions of carbohydrates in the body.
- Identify the three types of carbohydrates.
- Describe a simple carbohydrate (sugars) and a complex carbohydrate (starches).
- Identify food sources of sugar and starch.
- Define and list empty-calorie foods.
- Explain the health benefits of fiber.
- Identify sources of fiber and ways to increase fiber in the diet.
- Fats
 - Identify functions of fat in the body.
 - Explain the difference between saturated, unsaturated, and trans fats.
 - Identify food sources of saturated, polyunsaturated, monounsaturated fat, Omega 3 Fatty Acids, and trans-fat.
 - Provide three recommendations on how to lower fat intake in the diet.
 - Define cholesterol and identify food sources of cholesterol.
 - Explain the relationship between fat, cholesterol, and heart disease.
- Proteins
 - List the functions of protein in the body.
 - Identify protein sources.
- Vitamins
 - State general roles of vitamins in the body.
 - Identify two categories of vitamins.
 - Identify major functions of vitamins A, C, D, and folic acid.
 - List food sources of vitamins A, C, D, and folic acid.
 - Identify the effects of vitamin deficiencies.
 - Identify the effects of excessive intake of vitamins.
 - Describe dietary recommendations for folic acid related to the WIC population.
 - Describe food handling steps necessary to avoid destroying water-soluble vitamins when preparing food.
- Minerals
 - List the various roles of minerals in the body.
 - Identify major functions of calcium, iron, fluoride and sodium.
 - List food sources of calcium, iron and sodium.
 - List ways to increase calcium and iron in the diet.
 - Describe the relationship between calcium and iron in absorption.
 - Describe fluoride recommendations.
 - Define anemia and the function of iron in healthy blood.
 - Describe recommendations for sodium intake.
 - List ways to lower sodium intake.

- Describe problems that can occur due to deficiencies and toxicities of minerals.
- Water
 - List the various functions of water.
 - List factors that increase a person’s fluid needs.
 - State practical ways to consume more fluid on a daily basis.
 - Know the dangers of dehydration.

Guidelines and Standards

- Guideline and Standards
 - State the purpose of the Dietary Guidelines.
 - Identify specific Dietary Guideline Key Recommendations.
 - List three tips for customizing messages based on the Dietary Guidelines.
- ChooseMyPlate.Gov Website
 - State the five food groups and three dietary guidelines highlighted on the ChooseMyPlate.gov Icon.
 - List three educational tools available on the ChooseMyPlate.gov website.
- Food Labels
 - Explain what benefits food labels provide.
 - Identify the three sections of food labels and what information each contains.
 - Define the use of “Daily Value” on the food label.
 - Evaluate (and compare) the nutrient content of a food(s) based on its’ label.
- Meal Planning
 - Describe the meal planning process.
- Reliable Food and Nutrition Resources
 - Identify guidelines for determining reliable nutrition information to be used in the WIC program.
 - Identify professionals, agencies and sites that provide reliable nutrition information.

Special Considerations

- Weight Management
 - Describe the use of body mass index (BMI) in assessing overweight and obesity.
 - Determine BMI values and assess values per the BMI weight status categories.
 - Identify factors affecting weight.
 - Define the term “energy balance.”
 - Describe the role of physical activity in maintaining energy balance.

- List the four characteristics of a good weight loss management program.
- State the recommended calories needed to promote weight loss.
- List weight management strategies for someone who is overweight.
- List weight management strategies for someone who is underweight.
- Describe the three main eating disorders and signs of eating disorders.
- Vegetarian Diets
 - List the four types of vegetarian diets and describe the differences between the foods included in each.
 - List the benefits and possible risks of consuming a vegetarian diet.
 - Describe the nutrition adequacy of well-planned vegetarian diets.
 - Identify nutrients that vegetarians may need to pay added attention to when planning their intake.
 - List sources of nutrients for vegetarians.
 - Identify appropriate dietary recommendations for vegetarians.
 - Describe how the Dietary Guidelines and MyPlate may be used in counseling vegetarians.
- Food Allergies
 - Describe the difference between food allergy and food intolerance.
 - Explain how food allergies can be confirmed and who is most susceptible to having allergies.
 - Explain lactose intolerance.
- Vitamin D
 - Describe the benefits and RDA of Vitamin D
 - List sources of Vitamin D
- Fluoride in water
 - Describe fluoride recommendations.
 - Identify local and regional fluoridation practices
- My Plate
 - State the five food groups and three dietary guidelines highlighted on the ChooseMyPlate.gov Icon.
 - List three educational tools available on the ChooseMyPlate.gov website.
- Nutrition Label updates
 - Identify major components of nutrition label including serving size, % daily value, and nutrient information
- Participant centered methods to talk with participants about weight in a CARING and respectful manner.

Learning activities



Resources:

- Talk with the learner about what they observed in the 4 websites we ask them to review.
 - [My Plate](#)
 - [Food Label](#)
 - [Vitamin D Information for Health Professionals](#)
 - [Water Fluoridation in Oregon](#)

Posttest Questions and Answers



Posttest automatically scored online. There are 39 questions.

1. The six classes of nutrients are _____
 - a. carbohydrates, proteins, fats, starches, fiber, and omega-3
 - b. starches, milks, fruits, proteins, non-starchy vegetables, and fats
 - c. starches, sugars, proteins, fats, vitamins, and minerals
 - d. **carbohydrates, proteins, fats, vitamins, minerals, and water**
2. Which has the most calories?
 - a. 1-gram protein
 - b. **1-gram fat**
 - c. 1-gram carbohydrate
 - d. They all have the same number of calories.
3. How many calories per gram do carbohydrates have?
 - a. 1 calorie per gram
 - b. **4 calories per gram**
 - c. 9 calories per gram
 - d. 7 calories per gram
4. Select the three nutrient(s) that do NOT provide calories:
 - a. Carbohydrate
 - b. Protein
 - c. Fat
 - d. **Vitamins**

- e. **Minerals**
 - f. **Water**
5. Which 2 foods would you recommend a participant consume to increase fiber in their diet?
- a. Apple Juice
 - b. Chicken
 - c. **Brown Rice**
 - d. **Whole Wheat Bread**
6. Which 2 foods would you recommend a participant consume to increase protein in their diet?
- a. Grapes
 - b. **Peanut Butter**
 - c. **Chicken**
 - d. Crackers
7. If a post-partum participant said her doctor recommended, she cut back on sodium, which of the following two foods would you recommend she limit or stop eating?
- a. **Canned soup**
 - b. Chicken breast
 - c. **Frozen Pizza**
 - d. Milk
8. Which three foods are high in calcium?
- a. Carrots
 - b. Brown rice
 - c. **Sardines**
 - d. **Milk**
 - e. **Dairy products**
9. Salmon is a great source of:
- a. trans fat
 - b. **omega-3 fatty acid**
 - c. whole grain
 - d. vitamin C
10. Dried beans are a good source of all of the following **EXCEPT**:
- a. Fiber
 - b. Protein

- c. Carbohydrates
 - d. **Vitamin D**
11. Which two statements are true of the Omega – 3 fatty acids?
- a. **They are found in salmon, walnuts and canola oil.**
 - b. They can raise cholesterol and should be limited in the diet.
 - c. They have fewer calories than the fat in butter, cheese, and lard.
 - d. **They can help reduce the risk of cardiovascular disease.**
12. Digestion begins in the:
- a. stomach
 - b. small intestine
 - c. **mouth**
 - d. pancreas
13. Which participants are at high risk for iron-deficiency anemia.
- a. Women
 - b. Infants
 - c. Children
 - d. **All of the above**
14. Which beverage increases the absorption of iron in the body?
- a. Coffee
 - b. **Orange juice**
 - c. Milk
 - d. Water
15. Which foods are a good source of iron? Select 3.
- a. **Lean ground beef**
 - b. **Iron-fortified cereal**
 - c. Cheese
 - d. **Lentils**
 - e. Bananas
16. Which foods are a good source of folate? Select 4.
- a. **Green leafy vegetables**
 - b. **Avocado**
 - c. **Broccoli**
 - d. **Nuts and seeds**
 - e. Cheese
17. Which are reasons vitamin D supplements are recommended? Select 5.
- a. **Cloudy weather**
 - b. **Oregon is farther north and the sun is lower in the horizon**
 - c. **Sunscreen use**

- d. **Limited sun exposure from regularly covering skin**
 - e. **Darker skin**
 - f. Milk is not fortified in Oregon
18. All of the following statements about dietary fiber are true **EXCEPT**:
- a. It can help reduce constipation.
 - b. **It is absorbed in the small intestine.**
 - c. It provides no energy to the body.
 - d. Enriched flour is not a good source of fiber.
 - e. It absorbs water as it moves through the gut.
 - f. Fruits and vegetables are good sources of fiber.
19. Carbohydrates:
- a. are mainly found in foods like meat and eggs.
 - b. **are the body's main energy source.**
 - c. are unhealthy and should be eaten in very limited amounts.
 - d. build and repair muscle tissue.
20. Which of the following factors affect a person's calorie needs?
- a. Sex
 - b. Age
 - c. Activity
 - d. Health
 - e. Body size
 - f. **All of the above**
21. Which two statements are true of trans fats?
- a. They are found mainly in foods like hamburger, bacon, and butter.
 - b. They can help lower your cholesterol.
 - c. They help with brain function.
 - d. **They are found in processed foods.**
 - e. **They should be eaten in very limited amounts.**
22. Which is a fat-soluble vitamin?
- a. Vitamin C
 - b. Folic acid
 - c. **Vitamin A**
 - d. Vitamin B6
23. The main function of iron is:
- a. **to carry oxygen in the blood.**
 - b. to break protein down into amino acids.
 - c. to carry nutrients to cells.
 - d. to help repair connective tissue.

24. It is recommended that women take folic acid:
- a. upon learning they are pregnant.
 - b. during childbearing years.**
 - c. during their second trimester of pregnancy.
 - d. folic acid is not recommended for women.
25. ____ can build up and clog arteries, while ____ can help lower cholesterol levels in the blood and reduce the risk of heart disease.
- a. HDL, HDL
 - b. HDL, LDL
 - c. LDL, LDL
 - d. LDL, HDL**
26. A participant tells you that she heard that eating “good” fats can help decrease her risk of heart disease. She wants to know what foods she should eat to increase her intake of these “good” fats. Which three foods would you recommend to her?
- a. Lean ground beef
 - b. Canned salmon**
 - c. Avocado**
 - d. Low-fat cheese
 - e. Olive oil**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use the food label to answer questions 27-31:

27. What is the serving size of this food?

- a. 1/2 cup
- b. 8
- c. **2/3 cup**
- d. 230 grams

28. How many calories are in this one serving?

- a. 55
- b. 70
- c. **230**
- d. 8

29. How many grams of fat are in ONE serving of this food?

- a. 64

- b. 8
- c. 10
- d. 9

30. How many grams of protein are in TWO servings of this food?

- a. 3
- b. 24
- c. 8
- d. 6

31. How much fiber is in this entire package of food?

- a. 37
- b. 14
- c. 4
- d. 32

32. On food labels, **low-fat** means:

- a. 40 calories or less per serving.
- b. **3 grams or less per serving.**
- c. less than 0.5 grams per serving.
- d. the food contains 20 percent or more of the Daily Value.

33. On food labels, **fat-free** means:

- a. **less than 0.5 grams per serving.**
- b. 40 calories or less per serving.
- c. 140 milligrams or less per serving.
- d. 3 grams or less per serving.

34. On food labels, **low-sodium** means:

- a. 3 grams or less per serving.
- b. 40 calories or less per serving.
- c. the product has been altered and contains 25 percent less sodium than the regular version.
- d. **140 milligrams or less per serving.**

35. On food labels, **low-calorie** means:
- a. **40 calories or less per serving**
 - b. 3 grams or less per serving.
 - c. 140 milligrams or less per serving.
 - d. the food contains 20 percent or more of the Daily Value.
36. Which BMI range would be considered “normal?”
- a. 25.0 – 29.5
 - b. 18.4 and lower
 - c. **18.5 – 24.9**
 - d. 30.0 and higher
37. If a client is taking in an average of 2500 calories per day and burning 2200 calories, you would expect her weight to:
- a. **increase.**
 - b. decrease.
 - c. stay the same.
38. If a participant asks about losing weight, you should:
- a. recommend the latest fad diet
 - b. tell them to stop eating junk food
 - c. **help them set goals to make small improvements to eating and physical activity that are sustainable**
39. Which of the following is a reliable source of nutrition information?
- a. popular magazines
 - b. **MyPlate**
 - c. infomercials
 - d. talk shows