

Name: _____ Date: _____

Chapter 8: Exam

Multiple Choice. Choose the correct answer.

1. To help prevent aspiration, residents should be in the _____ position when eating.
(A) Upright
(B) Lying down
(C) Prone
(D) Lateral
2. A nursing assistant's duties regarding tube feedings include
(A) Inserting tubes
(B) Doing the feedings
(C) Observing the feeding and reporting problems
(D) Cleaning the tubes
3. Which is the most essential nutrient for life?
(A) Vegetables
(B) Water
(C) Grains
(D) Protein
4. Which of the following is a good source of protein?
(A) Corn oil
(B) An orange
(C) Fish
(D) Grape jelly
5. Which of the following is an example of a plant-based protein?
(A) Salmon
(B) Tofu
(C) Steak
(D) Bacon
6. According to the USDA's MyPlate icon, which food groups should make up at least half of a person's plate?
(A) Grains and proteins
(B) Vegetables and fruits
(C) Dairy and proteins
(D) Grains and fruits
7. According to MyPlate, what percentage of fat in milk should be in a person's dairy choices?
(A) 1%
(B) 2%
(C) 3%
(D) 4%

8. Which of the following is true about food preferences?
 - (A) Residents are old enough that their preferences will not change.
 - (B) It is not important to honor residents' food preferences.
 - (C) Education is never a factor in determining food preference.
 - (D) Religion might influence food preference.
9. Which of the following is an effective way for an NA to help prevent dehydration?
 - (A) The NA should encourage a resident to drink every time she sees him.
 - (B) The NA should insist that the resident drink juice because it is healthy.
 - (C) The NA should withhold fluids if a resident is incontinent.
 - (D) The NA should leave a carton of milk with the resident each time she leaves the room.
10. What does the abbreviation NPO mean?
 - (A) Nothing pureed only
 - (B) Not prepared on-site
 - (C) Nothing by mouth
 - (D) Note preferences only
11. Which of the following are signs of unintended weight loss that should be reported?
 - (A) Eating lean cuts of meat
 - (B) Eating dessert before dinner
 - (C) Avoiding fried foods and sweets
 - (D) Coughing or choking while eating
12. Which of the following statements about mealtime is true?
 - (A) Social interaction is an important part of mealtime.
 - (B) Mealtime is only about getting proper nourishment.
 - (C) Mealtime is a good time for NAs to chat with coworkers since the residents are busy eating.
 - (D) If an NA thinks a resident's meal looks unappetizing, she should let the resident know.
13. At which angle should residents be positioned for eating?
 - (A) 90 degrees
 - (B) 120 degrees
 - (C) 180 degrees
 - (D) 80 degrees
14. If a resident refuses to wear a clothing protector, the nursing assistant should
 - (A) Respect the resident's refusal
 - (B) Refuse to serve the resident until she puts it on
 - (C) Insist that the resident wear it
 - (D) Point out to the resident that she is making her work more difficult
15. Residents who need some assistance with eating may benefit from
 - (A) The nursing assistant doing everything for the resident
 - (B) The nursing assistant insisting the resident manage eating alone so he can learn to be independent
 - (C) The nursing assistant using the hand-over-hand approach
 - (D) The nursing assistant telling his family they need to visit at mealtimes to help

16. How can a nursing assistant best help residents with eating?
- (A) The nursing assistant should make the choice about which foods residents eat first.
 - (B) The nursing assistant should review her documentation paperwork while residents are eating since residents will be busy.
 - (C) The nursing assistant should identify the food and fluids in front of residents.
 - (D) The nursing assistant should do everything for residents during mealtime so residents will not be anxious.
17. Which of the following is a symptom of dysphagia (difficulty swallowing)?
- (A) Eating everything on the tray at every meal
 - (B) Sweating during meals
 - (C) Fever during meals
 - (D) Watering eyes during meals
18. Which of the following is a reason why a resident might be placed on a special diet?
- (A) Because the NA thinks the resident is too heavy
 - (B) Because the dietary department is testing out new recipes
 - (C) Because the resident does not care for eggs
 - (D) Because the resident has food allergies
19. Which of the following is first restricted in a low-sodium diet?
- (A) Milk
 - (B) Salt
 - (C) Poultry
 - (D) Foods high in fat
20. Which statement best describes a pureed diet?
- (A) This diet consists of food that is blended into a thick paste for easier swallowing.
 - (B) This diet consists of clear juices, broth, gelatin, and popsicles.
 - (C) This diet consists of lean cuts of meat and nonfat dairy products.
 - (D) This diet restricts protein for people who have kidney disease.
21. In order to lose weight, a resident may be placed on this diet:
- (A) Pureed diet
 - (B) Soft diet
 - (C) Diabetic diet
 - (D) Modified calorie diet
22. A diet that consists of foods that are chopped to help people who have trouble chewing and swallowing is called a
- (A) Low-cholesterol diet
 - (B) Low-protein diet
 - (C) Low-sodium diet
 - (D) Soft diet

23. Which of the following is a common reason why a resident may be on a fluid-restricted diet?
- (A) The resident has heart disease.
 - (B) The resident has urinary incontinence.
 - (C) The resident has constipation.
 - (D) The resident has pressure ulcers.
24. Which type of vegetarian diet eliminates poultry, meats, fish, and eggs, but allows dairy products?
- (A) Ovo-vegetarian diet
 - (B) Lacto-ovo vegetarian diet
 - (C) Lacto-vegetarian diet
 - (D) Vegan diet
25. Which type of vegetarian diet eliminates all poultry, meats, fish, eggs, and dairy products, along with all foods that are derived from animals?
- (A) Lacto-ovo vegetarian diet
 - (B) Lacto-vegetarian diet
 - (C) Ovo-vegetarian diet
 - (D) Vegan diet
26. Which type of residents may have an order for thickened liquids?
- (A) Residents who have swallowing problems
 - (B) Residents who refuse to drink water
 - (C) Residents who do not eat meat
 - (D) Residents who have certain religious beliefs
27. Which of the following is one way that residents who have diabetes eat a healthy diet?
- (A) By counting carbohydrates (carb-counting)
 - (B) By eating whatever they want but keeping track of it in a food diary
 - (C) By adding more sugar into their diet
 - (D) By eating large amounts of food and then exercising vigorously to burn calories
28. This type of diet is ordered as either clear or full.
- (A) Low-protein diet
 - (B) Pureed diet
 - (C) Liquid diet
 - (D) Vegetarian diet
29. Why is it important for NAs to observe plates and meal trays when residents have finished eating?
- (A) It helps the NA decide what to feed residents first.
 - (B) Residents who are trying to lose weight will want the NA to keep a record of how much they have eaten.
 - (C) It helps the NA write a new diet order if the current one is not working.
 - (D) It helps to identify a change in residents' food preferences.
30. When assisting residents who have had a stroke, the nursing assistant should
- (A) Watch for signs of choking
 - (B) Place food in the weaker side of the resident's mouth
 - (C) Offer another bite of food before the resident has swallowed the last bite
 - (D) Encourage the resident to take large bites