



IN THE KNOW

Developing Top-Notch CNAs, One Inservice at a Time

A Client Care Module: Cooking for Your Clients

Are you "In the Know" about cooking for your clients? Circle the best choice or fill in your answer. Then check your answers with your supervisor!

EMPLOYEE NAME
(Please print): _____

DATE: _____

- ***I understand the information presented in this inservice.***
- ***I have completed this inservice and answered at least eight of the test questions correctly.***

EMPLOYEE SIGNATURE: _____

SUPERVISOR SIGNATURE: _____

Inservice Credit:

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

File completed test in employee's personnel file.

1. **An average 1600 calorie diet should include at least _____ cups of vegetables a day.**
 - A. 2.
 - B. 4.
 - C. 6.
 - D. 10.
2. **A good example of a lean protein is:**
 - A. Bacon.
 - B. Ground Beef.
 - C. Chicken.
 - D. Pot Roast.
3. **Your diabetic client tells you she loves sweets, particularly donuts. She asks you to pick some up on your next shopping trip. You should:**
 - A. Honor her request and purchase a dozen donuts.
 - B. Look for a low sugar, low carb recipe for homemade donuts
 - C. Purchase just one donut on your next trip; one shouldn't hurt her.
 - D. Refuse to purchase the donuts. Report the request to your supervisor.
4. **The divided plate method of meal planning state that at least half the plate should be:**
 - A. Meat.
 - B. Dairy.
 - C. Fruits and vegetables.
 - D. Whole Grains.
5. **True or False**
Store brands are usually less expensive than national brands but the quality is poor so it's not worth it to buy them.
6. **True or False**
The best recipes for "make-ahead" meals are soups, stews and casseroles.
7. **True or False**
Beans are high in fat and should be limited in a healthy diet.
8. **True or False**
Cooking from scratch is expensive. Prepackaged meals are much more affordable.
9. **True or False**
Age, illness and medications can all affect a client's sense of taste and smell.
10. **True or False**
To be safe, it's best to use two cutting boards when preparing food—one for meats and one for fruits and vegetables.