

test questions

CEC Course

Nutrition

Eligibility

Current IDEA members

Total CECs

0.2 CEC from ACE

0.3 CEC from NSCA

0.3 CEC from NASM

Additional credits may be available from other certifications.

CEC-Approved Articles

- Fed Up: Who's Ensuring America's Food Safety?
- Eating Disorders Among Athletes
- Good Nutrition for the Golden Years

Certification Agencies

IDEA has been awarded continuing education credits (CECs) or units (CEUs) from selected certification agencies. IDEA is recognized by the American Council on Exercise (ACE) as a Continuing Education Specialist. For those certified by the American College of Sports Medicine (ACSM), CECs from ACE may be applied toward the ACSM continuing education certification process. Additional agencies may accept these credits. Please contact your certification agency to inquire.

Submission Deadline

March 31, 2011

(3 years from publication)

Procedure

1. After reading the articles, complete the multiple-choice test and record your answers on the test answer form. Please select only one answer (a, b, c or d) per question. You may use a photocopy.
2. Return the test answer form, along with your credit card number or check, to this address:
IDEA Home Study
10455 Pacific Center Ct.
San Diego, CA 92121-4339
3. IDEA will mail a certificate of completion within 2 weeks of receiving your test answer form. You must have 80% of the answers correct to pass the test. Please forward all questions to (800) 999-4332, ext. 7, or (858) 535-8979, ext. 7.

1. **What are the federal agencies that primarily oversee the safety of food in the United States?**
 - a. the Centers for Disease Control and Prevention (CDC), the U.S. Department of Agriculture (USDA) and the Environmental Protection Agency (EPA)
 - b. the U.S. Food and Drug Administration (FDA) and the USDA
 - c. the FDA, the USDA and the CDC
 - d. the USDA, the FDA and the EPA
2. **Which micro-organism acquired when a pregnant woman consumes a cold deli sandwich can cause severe problems in a developing fetus?**
 - a. *E. coli*
 - b. *Listeria*
 - c. *Campylobacter*
 - d. *Shigella*
3. **Which is the most effective way to reduce the risk of acquiring and spreading microbial infection?**
 - a. Wash hands often with warm water and soap for at least 20 seconds.
 - b. Defrost meat and poultry in the refrigerator for no more than 1 day.
 - c. Clean contaminated surfaces regularly with disinfectant or bleach.
 - d. Limit exposure to persons who have poor hygiene or are sick.
4. **Which of the following foods poses the greatest risk for *E. coli* infection?**
 - a. spinach
 - b. eggs
 - c. potatoes
 - d. oysters
5. **What is the best treatment for most food-borne illnesses that cause multiple bouts of diarrhea and/or vomiting?**
 - a. antibiotics
 - b. rest
 - c. rehydration
 - d. over-the-counter medicine
6. **Who is most at risk for acquiring hemolytic uremic syndrome?**
 - a. a 20-year-old who ate a contaminated hamburger
 - b. a 50-year-old who ate contaminated spinach
 - c. a 30-year-old who ate a sandwich with bean sprouts
 - d. a 2-year-old who drank contaminated unpasteurized apple juice
7. **What is the minimum temperature you should use to cook food so that most micro-organisms are killed?**
 - a. 140° Fahrenheit (F), 60° Celsius (C)
 - b. 130° F, 54° C
 - c. 120° F, 49° C
 - d. 110° F, 43° C
8. **What is the maximum amount of time that it is safe to leave leftovers out of the refrigerator?**
 - a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours
9. **What is food irradiation?**
 - a. the process of using high-energy rays to destroy organisms
 - b. the process of using radioactive material to destroy organisms
 - c. the process of using chemical pesticides to destroy organisms
 - d. the process of using heat to destroy organisms
10. **What does the World Health Organization think is the best way to manage a potential agroterrorism event?**
 - a. immediate population-wide vaccination
 - b. strong surveillance and quick response
 - c. appointment of an agroterrorism director
 - d. involvement of a health services agency

11. Typically, when does anorexia nervosa begin?
- right before menopause
 - during adolescence or menopause
 - after age 65
 - There is no typical time.
12. What are the hallmarks of the female athlete triad?
- amenorrhea, disordered eating and osteoporosis
 - fear of getting fat and extreme sports participation
 - distorted body image and body dysmorphia
 - body image distortion and amenorrhea
13. Which sport puts athletes at highest risk for developing an eating disorder?
- baseball
 - gymnastics
 - softball
 - ice hockey
14. Which of the following is a medical complication of bulimia nervosa?
- electrolyte imbalances
 - increased fertility rates
 - loss of bone density
 - extremely low body weight
15. Which eating disorder tends to be clouded with the most shame and secrecy?
- anorexia nervosa
 - binge eating disorder
 - bulimia nervosa
 - female athlete triad
16. Which of the following clients is most likely to be diagnosed as having an “eating disorder not otherwise specified”?
- one who is driven to lose weight and has a distorted body image but still has a regular menstrual cycle
 - one who is very thin but muscular
 - one who eats in secret and purges regularly
 - one who exercises all the time
17. An episode of recurrent binge eating in a client with binge eating disorder is defined by which criteria?
- eating excessive amounts of protein and simple carbohydrates and then overexercising
 - eating more rapidly than normal and in secret
 - only eating when hungry and then inducing vomiting
 - eating more food within a 2-hour period than the average person within the same time period and feeling a lack of control during the episode
18. Why is denial a strong component of any eating disorder?
- The eating disorder helps the person cope with strong negative feelings.
 - The client feels compelled to cover up the severity of the compulsion.
 - The client has difficulty expressing emotion in a direct manner.
 - all of the above
19. What do athletes and anorexics have in common?
- Both exercise every day, even when injured.
 - Both are impulsive eaters.
 - Both are high achievers who have high standards of excellence for themselves.
 - Both eat in secret and purge often.
20. What is the best action for fitness professionals trying to help a client with exercise addiction?
- Increase the intensity of the client’s program.
 - Recommend a high-protein diet to compensate for energy lost.
 - Encourage the client to start a low-resistance weight program.
 - Slowly taper the client off the existing program, and provide examples of healthier coping mechanisms.
21. What is Rowe and Kahn’s definition of “healthy, successful aging”?
- living a long time without disease
 - maintaining low risk of disease and related disability; good cognitive function; and an active social life
 - living without disability or pain
 - avoiding wrinkles, eyeglasses and hearing aids
22. Why do energy requirements decrease as we age?
- loss of lean body mass
 - decline in physical activity
 - slower digestion
 - both a and b
23. Appropriate levels of which major nutrients are especially important for the aging body?
- calcium, vitamin D, vitamin B₁₂ and sodium
 - calcium, vitamin D and vitamin B₆
 - calcium, vitamin A, vitamin C and fiber
 - calcium, iron, vitamin D and vitamin A
24. Atrophic gastritis is a major cause of which vitamin deficiency?
- vitamin D
 - vitamin D
 - vitamin B₆
 - vitamin B₁₂
25. Vitamin D deficiency is associated with what conditions?
- high blood pressure
 - cancer
 - fractures and falls
 - all of the above
26. Older adults should aim not to exceed how many milligrams of sodium per day?
- 1,000
 - 1,500
 - 2,000
 - 2,500 >>



27. **There is evidence that a high folate intake can have which of these results?**
- a. It can increase the risk of cardiovascular disease.
 - b. It can counterbalance the effects of sodium on blood pressure.
 - c. It can mask a vitamin B₁₂ deficiency.
 - d. It can mask a vitamin B₆ deficiency.
28. **Why are older people at increased risk for dehydration?**
- a. They drink more caffeine.
 - b. They drink more alcohol.
 - c. They sweat more when they exercise.
 - d. They are more likely to have impairments in renal function and thirst perception.
29. **Which of the following most commonly affect(s) the nutritional status of seniors?**
- a. poor oral health and lack of exercise
 - b. poor oral health and financial constraints
 - c. living alone and not taking vitamin supplements
 - d. a tendency to eat the same foods every day
30. **To avoid listeriosis, older adults should avoid which food(s)?**
- a. unpasteurized milk
 - b. deli meats and frankfurters that have not been reheated to steaming hot
 - c. raw sprouts
 - d. raw meats ■

answer sheet

CEC Course

Nutrition

For each question, circle the correct answer.

- | | | |
|-----------------|-----------------|-----------------|
| 1. a. b. c. d. | 11. a. b. c. d. | 21. a. b. c. d. |
| 2. a. b. c. d. | 12. a. b. c. d. | 22. a. b. c. d. |
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| 5. a. b. c. d. | 15. a. b. c. d. | 25. a. b. c. d. |
| 6. a. b. c. d. | 16. a. b. c. d. | 26. a. b. c. d. |
| 7. a. b. c. d. | 17. a. b. c. d. | 27. a. b. c. d. |
| 8. a. b. c. d. | 18. a. b. c. d. | 28. a. b. c. d. |
| 9. a. b. c. d. | 19. a. b. c. d. | 29. a. b. c. d. |
| 10. a. b. c. d. | 20. a. b. c. d. | 30. a. b. c. d. |

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