

How Hydration and Good Nutrition can help
Home Care and Long Term Care Patients
Satellite Webcast
Social Work CEU Quiz
April 22, 2015
(Select only the one best answer)

1. Malnutrition is the unhealthy condition that results from not eating enough food or not eating enough healthy food:
A) True
B) False

2. Symptoms of malnutrition include:
A) Unexplained weight loss
B) Feeling tired
C) Taking a long time to recover from infections
D) All of the above

3. Water in the human body helps the body get rid of waste through urination, perspiration and bowel movements.
A) True
B) False

4. Water intake tends to increase with age:
A) True
B) False

5. Ways to Increase fluid consumption in home care individuals
A) Have a water bottle for easy access
B) Add ice cubes to drinks
C) Choose water instead of sugar-sweetened beverages
D) All of the above

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____