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Question: 59
Which of the following is true for reactive hypoglycemia?

A. It is defined as a plasma glucose level less than 70 mg/dl.
B. It is treated with a diet high in complex carbohydrates.
C. It is diagnosed by measuring blood glucose levels one hour after eating.
D. Peak insulin activity occurs 90-180 minutes after food is eaten.

Answer: D

In reactive hypoglycemia peak insulin activity occurs 90-180 minutes after food is eaten, vs. the normal insulin response which occurs 30-60 minutes after eating. Reactive hypoglycemia is defined as a plasma glucose level than 50 mg/dl, is treated with a moderate carbohydrate (40 to 55%) diet, and is diagnosed by measuring blood glucose levels immediately after eating.

Question: 60
During disaster planning a consulting RD be asked to participate in which of the following activities:

A. Development of a list of all food vendors with delivery schedules
B. Assessing food inventory for adequacy
C. Preparing a checklist of food safety procedures
D. All of the above

Answer: D

During disaster planning a consulting RD might be asked to help develop a list of all food vendors with delivery schedules, assess food inventory for adequacy, and prepare a checklist of food safety procedures. Registered dietitians need to be knowledgeable and competent in all areas related to food procurement, production, and delivery.

Question: 61
In behavior modification, the term extinction is defined as:

A. Punishing undesirable behaviors with negative feedback
B. Encouraging repetition of desirable behaviors
C. Reducing undesirable behaviors by withholding positive reinforcement
D. Identifying behaviors that were common in childhood

Answer: C

In behavior modification, extinction is the attempt to reduce undesirable behaviors by withholding positive reinforcement, such as praise or other rewards. The technique of repeatedly refusing to reward an undesirable behavior is believed to lead to the gradual reduction and elimination (extinction) of that behavior.

Question: 62
Features of the Nutrition Screening Initiative (NSI) include:

A. Use of a 20-question checklist to assess nutritional and health status of elders
B. Identification of factors that place elders at increased nutritional risk
C. A focus on elders between the ages of 65 and 75 years
D. Identification of elders who have a BMI of less than 20

Answer: B

Features of the Nutrition Screening Initiative (NSI) include identification of factors that place elders at nutritional risk (such as illness and food availability). A 10-question checklist is used to assess the nutritional and health status of

elders. The NSI is particularly interested in assessing the nutritional health of individuals 80 years of age and older.

Question: 63
Which of the following is true for the mini-max stock method for placing food orders?

A. Actual need might be greater than the amount ordered.
B. The amount ordered is higher in some months than others.
C. The method should not be used to order items whose usage fluctuates.
D. A & C

Answer: D

The mini-max stock method establishes minimum and maximum inventory amounts. When the minimum level is reached, an order is place to replenish inventory only to the maximum level. This means that the same amount is ordered each time. as a result, actual need might be greater than the ordered amount, and that the method is not suitable for maintaining stock of items with variable usage.

Question: 64
The Feingold Diet used to treat Attention Deficit Hyperactivity Disorder (ADHD) in children eliminates:

A. Lactose and sorbitol
B. Artificial food colorings, additives, and preservatives
C. Gluten and casein
D. Fructose and phenols

Answer: B

The Feingold Diet used to treat Attention Deficit Hyperactivity Disorder (ADHD) in children eliminates artificial food colorings, additives and preservatives, since these substances are believed to trigger and worsen symptoms of hyperactivity.

Question: 65

Proxemics refers to:

A. The ability to read small print
B. Formulas used to calculate electrolytes in enteral feedings
C. A management style used in major corporations
D. An individual's position, orientation, and distance from other people in a room

Answer: D

Proxemics refers to the manner in which an individual positions himself in a room, in relation to other people. Counselors can use the distance between people to assess how comfortable individuals are in the classroom and other learning situations.

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