

## Continuing Professional Education Questionnaire for SNA Members

Please read these continuing education case studies from the Community Nutritionary® section of the Dannon Institute website:

- Project L.E.A.N. Nutrition Campaign
- Promoting Healthy Activities Together (P.H.A.T.)
- Recipes for a Healthy Mind
- Summercise
- Youth Cooking School Campaign
- Market Research for Nutrition Professionals: Focus Group Discussions
- The Healthy Role of Community Nutrition

When you have finished, please answer the questions below by including your responses on the self-assessment questionnaire form provided.

This activity has been approved for one (1) hour of continuing education units for SNA members by the SNA. Please print the completed questionnaire form and retain it as proof of documentation.

To be eligible for credit, you must be a current SNA member. Notification will not be sent regarding credit approval.



Select the one best answer or completion to each question or incomplete statement.

1. **Which factor is said to have the greatest influence on disease rates?**
  - a. Nationality
  - b. Socioeconomic issues
  - c. Genetics
  - d. Weight
2. **Which of the following is most likely to be an effective vehicle for reaching teens with nutrition messages?**
  - a. Classical music
  - b. Sesame Street characters
  - c. Sports stars
  - d. Opera
3. **Which factor is a major deterrent to fruit and vegetable consumption among children of lower income families?**
  - a. Lack of freshness
  - b. Smell
  - c. Availability
  - d. Cost
4. **Which of the following factors can help support behavior change?**
  - a. Lively teachers and principals
  - b. Small community size and a strong social support network
  - c. Funding
  - d. Rewards
5. **Which does not describe the play approach to learning?**
  - a. It encourages physical activity
  - b. It allows children to explore and experiment
  - c. It helps children understand and acquire skills
  - d. It encourages participation
6. **How do preschoolers learn best?**
  - a. By participating
  - b. By listening
  - c. By watching videos
  - d. By looking at picture books
7. **What was the P.H.A.T. campaign designed to address?**
  - a. Clothing styles chosen by teens
  - b. Overweight and obesity
  - c. Avoidance of smoking and alcohol
  - d. Poor eating and physical activity habits
8. **Why are schools the ideal environment for exposing children to unfamiliar fruits and vegetables?**
  - a. Lunch monitors force children to eat
  - b. Children may be more willing to try foods served in the cafeteria
  - c. Schools can offer greater variety
  - d. Children won't know what they're eating
9. **Who may be most effective in promoting behavior change in adolescents?**
  - a. Parent role models
  - b. Teen role models
  - c. Teacher role models
  - d. Government role models
10. **Community health organizations can help schools by applying teaching assistants.**
  - a. True
  - b. False
11. **Which of the following demonstrates optimal caregiver meal time behavior?**
  - a. Making sure that children finish their meal
  - b. Eating lunch in another room with the teachers
  - c. Eating the same foods as the children do
  - d. Talking about which foods don't taste good
12. **Which was not an objective of the "Recipes for a Healthy Mind?"**
  - a. To expose children to a greater variety of foods
  - b. To increase teacher awareness of how to integrate nutrition education into existing programs
  - c. To involve parents in school nutrition education projects
  - d. To create a school cookbook

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13. **How were P.H.A.T. participating organizations chosen?**
  - a. Commitment
  - b. Money
  - c. Location
  - d. Attractiveness of available facilities
14. **Which disease has become more prevalent among Alaska Natives?**
  - a. Heart disease
  - b. Osteoporosis
  - c. Diabetes
  - d. Alzheimer's
15. **The goal of the Youth Cooking Schools Campaign was to:**
  - a. Encourage food safety
  - b. Promote healthy lifestyles
  - c. Teach cooking skills
  - d. Shop economically
16. **What was the goal of Orange County Head Start's Project L.E.A. N. Nutrition Campaign?**
  - a. To improve the quality of life and reduce the incidence of nutrition-related chronic diseases among Head Start children and their families
  - b. To increase physical activity among Head Start parents
  - c. To reduce overweight among Head Start children
  - d. To motivate Head Start teachers to eat healthfully
17. **How were low socioeconomic status families in the South Haven School District likely to view books and healthful foods?**
  - a. As luxuries rather than necessities
  - b. As priorities in the family budget
  - c. As something the school district should provide
  - d. As unnecessary items
18. **Which of the following is not part of the CANFit intervention model for low-income, multi-ethnic communities?**
  - a. Emphasis is placed on skill building
  - b. The model is culturally appropriate in terms of ethnicity, language, income, and other factors
  - c. Location
  - d. Youth are actively involved in planning and implementation
19. **What are the six concepts of the Social Learning Theory?**
  - a. reciprocal determinism, behavioral capability, expectations, self efficacy, observational learning, and reinforcement.
  - b. reciprocal education, behavioral content, expectations, self efficacy, observational learning, and reinforcement
  - c. reciprocal determinism, behavioral capability, anticipation, self reliance, observational learning, and reinforcement
  - d. reciprocal education, behavioral content, anticipation, self reliance, observational learning, and reward
20. **Which was not an indication of the success of the Project L.E.A.N. Nutrition Campaign?**
  - a. Teachers reported that children were able to name low-fat and high-fat foods
  - b. Students understood the importance of physical activity
  - c. Parents stated that the workshops were worthwhile and easy to follow
  - d. Teachers changed their own eating habits
21. **What was essential to the success of the "Recipes for a Healthy Mind" program?**
  - a. Enthusiastic students
  - b. Parent volunteers
  - c. Teacher and food service involvement
  - d. Adequate funding
22. **In the "Summercise" campaign, how was success measured?**
  - a. Satisfaction with the summer program
  - b. Number of new friends made
  - c. Money saved
  - d. Weight reduction and increased physical endurance
23. **Which is not a success factor for the Youth Cooking Schools?**
  - a. The schools are brought to the children's communities
  - b. The schools require parent participation
  - c. Grantors subsidize the program
  - d. Children enjoy participating in the program
24. **Which is not a major barrier to participation in nutrition education programs for culturally diverse, low-income parents?**
  - a. Child care needs
  - b. Culture
  - c. Other priorities
  - d. Language

14. c 15. b 16. a 17. a 18. d 19. a 20. d 21. c 22. d 23. b 24. c

Answers

# Continuing Professional Education Questionnaire for SNA Members



## Continuing Professional Education Reporting Form

Continuing Professional Education case studies: "Project L.E.A.N. Nutrition Campaign", "Promoting Healthy Activities Together (P.H.A.T.)", "Recipes for a Healthy Mind", "Summercise", "Youth Cooking School Campaign", "Market Research for Nutrition Professionals: Focus Group Discussions", "The Healthy Role of Community Nutrition"

Please print or type:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Member Identification No. \_\_\_\_\_

This activity has been approved for one (1) hour of continuing education units for SNA members. Please retain this completed questionnaire as CEU documentation. There is no need to return this questionnaire to SNA at this time.

After reading each statement, please select the best answer or completion:

- |     |   |   |   |   |     |   |   |   |   |
|-----|---|---|---|---|-----|---|---|---|---|
| 1.  | A | B | C | D | 13. | A | B | C | D |
| 2.  | A | B | C | D | 14. | A | B | C | D |
| 3.  | A | B | C | D | 15. | A | B | C | D |
| 4.  | A | B | C | D | 16. | A | B | C | D |
| 5.  | A | B | C | D | 17. | A | B | C | D |
| 6.  | A | B | C | D | 18. | A | B | C | D |
| 7.  | A | B | C | D | 19. | A | B | C | D |
| 8.  | A | B | C | D | 20. | A | B | C | D |
| 9.  | A | B | C | D | 21. | A | B | C | D |
| 10. | A | B | C | D | 22. | A | B | C | D |
| 11. | A | B | C | D | 23. | A | B | C | D |
| 12. | A | B | C | D | 24. | A | B | C | D |

