

Continuing Education Test
Journal of Nutrition Education and Behavior

Article title: Turn the TV Off and Come to Dinner! Associations between watching TV during family meals and dietary intake among adolescents.

With the exception of the last two open-ended questions, the following items are multiple choice. Select the best response to each question.

1. Nationally, how often do adolescents report the television is on during meals?
 - A. 25% of the time
 - B. 46 % of the time
 - C. 50% of the time
 - D. 64% of the time

2. Television viewing during family meals varied according to _____.
 - A. socioeconomic status
 - B. race/ethnicity
 - C. sex/gender
 - D. all of the above

3. Analysis was adjusted for all of the following except:
 - A. calorie intake
 - B. weekly hours spent watching television
 - C. BMI
 - D. sociodemographics

4. In adjusted analysis, boys watching TV during family meals had significantly _____ compared to boys eating family meals without watching TV.
 - A. lower intakes of fruit
 - B. lower intakes of soft drinks and fried foods
 - C. higher intakes of soft drinks
 - D. higher intakes of vegetables and calcium rich foods

5. In adjusted analysis, girls eating family meals without watching TV had significantly _____ compared to girls watching TV during family meals.
 - A. lower intake of fried foods
 - B. higher intake of total vegetables
 - C. lower intake of grains
 - D. higher intake of calcium rich foods

6. Overall, findings suggest watching TV during family meals is associated with _____ compared to eating family meals without watching TV among adolescents.
 - A. similar quality diets
 - B. poorer quality diets

- C. higher quality diets
 - D. none of the above
7. Adolescents not eating family meals had _____ compared to adolescents watching TV during family meals.
- A. higher intakes of total vegetables and calcium rich foods
 - B. better quality diets
 - C. lower intakes of soft drinks and fried foods
 - D. poorer quality diets
8. Strengths of the current study include all of the following except:
- A. socioeconomically diverse sample
 - B. comprehensive survey instrument
 - C. large sample size
 - D. self-report data
9. Please indicate your satisfaction with the process of using this JNEB article for continuing education.
- a. Extremely satisfied
 - b. Satisfied
 - c. Unsatisfied
 - d. Extremely unsatisfied.
10. Please describe how you will make use of the information in this article in your professional setting.
11. Please comment on the process and mention topics you would like to be made available for continuing education credit in the future.