

Continuing Education Test
Journal of Nutrition Education and Behavior

Article Title: At home and away-from-home eating patterns influencing preadolescents' intake of calcium rich foods as perceived by Asian, Hispanic and non-Hispanic White parents

Continuing professional education (CPE) article for Registered Dietitians

1. When applying Social Cognitive Theory in the context of this study, the physical environment of the home included consideration of _____.
 - a. availability of calcium-rich foods and beverages
 - b. expectations for intake set by parents
 - c. parents' knowledge regarding the recommended calcium intake for early adolescents
 - d. frequency of school breakfast or lunch consumption by early adolescents

2. Common meal patterns among early adolescents of all racial/ethnic groups included the following:
 - a. eating breakfast prepared by parents
 - b. eating breakfast 'on the run'
 - c. sitting down with family members to eat breakfast together
 - d. eating breakfast at a fast food restaurant

3. For most parents, the level of concern about school lunch choices by early adolescents was low because they _____.
 - a. assumed that their child drank milk at school
 - b. believed that their child ate other calcium-rich foods during the day
 - c. had a good overall impression of the healthfulness of school meals
 - d. all of the above.

4. Most parents' approach toward beverage intake for the dinner meal for early adolescents included _____.
 - a. a requirement that early adolescents drink milk
 - b. not allowing children to choose among several beverages
 - c. restricting intake of carbonated soft drinks
 - d. none of the above

5. In the current study, NVivo software was used to _____.
 - a. code transcript segments for analysis
 - b. search transcripts and sort segments according to codes for analysis
 - c. search and sort transcript segments by racial/ethnic group of parents
 - d. all of the above.

6. Both parents and children expected that the following beverage would be consumed most often with meals away from home:
 - a. carbonated soft drinks
 - b. fruit juice
 - c. milk
 - d. water

7. Racial/ethnic differences noted for patterns in food eaten away from home included:
 - a. Hispanic parents indicated they were less likely to eat out compared to non-Hispanic white parents.
 - b. Asian parents were more likely to report eating out primarily for either socialization or celebration.
 - c. Non-Hispanic white parents reported that travel to children's activities impacted meal patterns more often than other racial/ethnic groups.
 - d. all of the above.

8. An example of the "healthy immigrant effect" is:
 - a. recent immigrants have greater intake of fats and sugars than the typical American diet
 - b. eating breakfast regularly is associated with lower levels of acculturation
 - c. recent immigrants drink soft drinks less frequently than those in the country of origin
 - d. none of the above.

9. Based upon the food choice patterns reported in this paper, which of the following approaches is most likely to lead to increased intake of calcium rich foods?
 - a. Clarify the nutritional contributions of juice, juice drinks and Kool-Aid.
 - b. Advise parents that restricting intake of soft drinks is sufficient.
 - c. Improve the nutritional choices available in school lunch.
 - d. Identify ways to choose quick-serve meals that include calcium rich foods.

10. Please describe how you will make use of the information in this article in your professional setting.

11. 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.

12. Please comment on the process and mention topics you would like to be made available for continuing education credit in the future.