

Continuing Education Test
Journal of Nutrition Education and Behavior

Parent-reported Eating and Leisure-time Activity Selection Patterns Related to Energy Balance in Preschool- and School-aged Children

1. TV watching is theorized to influence weight status by:
 - a. Increasing energy intake and decreasing energy expenditure
 - b. Increasing energy intake
 - c. Decreasing energy expenditure
 - d. Reducing micronutrient intake

2. Which of the dietary behaviors have not previously been identified as being associated with weight status in pre-school-aged children?
 - a. Sweetened drink intake
 - b. Breakfast consumption
 - c. Dairy intake
 - d. Fruit and vegetable intake

3. What anthropometric measure excluded participants from the study?
 - a. BMI >95th percentile
 - b. BMI < 5th percentile
 - c. BMI of 30
 - d. BMI of 28

4. What leisure time activity measure was statistically significant for both of the between-subject factors?
 - a. Parent reported child just as/a little more active as compared to peers
 - b. Percentage of televisions in child's bedroom
 - c. Parent reported frequency of child eating while watching television
 - d. Parent reported child preference to watch TV rather than go outside

5. What statistically significant ($p < 0.05$) eating pattern emerged between weight groups?
 - a. Sweet snack foods consumed
 - b. Low-fat dairy consumed
 - c. Servings of vegetables consumed
 - d. Fast food consumed

6. Which of the school-aged children's behaviors more closely met guidelines as compared to the preschool-aged children's behaviors?

- a. Fruit and vegetable intake
- b. Fast food intake
- c. TV watching
- d. None of the above

7. Please indicate how you can use the information presented in this study in your own practice.

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8. 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

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

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