



Spring 2020 article and quiz for 1 CSEP PDC/1 FNB CEC
Due June 30, 2020

Read the Article: [Mitigating Nutrition and Health Deficiencies in Older Adults: A Role for Food Innovation?](#)

Sephora Baugreet, Ruth M. Hamill, Joseph P. Kerry, and Sinéad N. McCarthy: Journal of Food Science: November 04, 2017, pp 848 - 855

Answer the questions below, save the document to your computer and submit to executivedirector@fitnessnb.ca on or before April 30, 2019

Please Note: If using Firefox or Google Chrome you will need to convert to a fillable form:

Left click on download (top right corner third icon). Choose Adobe Reader and wait for converted form.

1. What percent of the population will be over 60 by 2050?
 - a) 12%
 - b) 24%
 - c) 27%
 - d) 32%

2. The study suggests that nutrition can play a role in modulating these conditions except:
 - a) chronic disease
 - b) arthritis
 - c) decreased functional ability
 - d) cognitive decline

3. Why is protein intake in the diet of older adults essential?
 - a) to support healing
 - b) for skin's integrity
 - c) to recover from illness
 - d) all of the above

4. What two nutrients are recommended to prevent bone loss and maintain existing bone density in older adults?
 - a) calcium and vitamin D
 - b) calcium and vitamin C
 - c) calcium and iron
 - d) calcium and magnesium

5. The proportion of malnourished adults in institutions was shown to be as high as _____.
 - a) 25%
 - b) 71%
 - c) 60%
 - d) 75%

6. _____ is the reason for poor food choice in older adults.
- a) reduced mobility
 - b) isolation
 - c) food texture
 - d) all of the above
7. What is sarcopenia?
- a) The progressive depletion of muscle mass and loss in strength,
 - b) A bone disease that occurs when the body loses too much bone, makes too little bone, or both.
 - c) Weakness and wasting of the body due to severe chronic illness.
 - d) Age-associated loss of muscle strength that is not caused by neurologic or muscular diseases
8. The study suggests that new food product development should take into considerations all except:
- a) preferences of older adults
 - b) decrease in olfactory function
 - c) blood pressure in older adults
 - d) change in sensory food perception
9. A 10% increase in bone mineral content may reduce the risk of osteoporotic fractures by:
- a) 10%
 - b) 20%
 - c) 50%
 - d) 80%
10. How can high quality food products be tailored specifically to enhance nutritional status and health of older adults?
- a) providing beneficial attributes such as ready-to-eat, easy-to-open, easy-to-bite
 - b) exploring the New Product Development Process
 - c) fortifying foods with selected ingredients, vitamins and minerals
 - d) All of the above

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