

Children's Wisconsin Clinical Nutrition Department



Module Weight Management: Pre-Test Answers

1. In our 4,3,2,1,0 philosophy, number "2" focuses on which part of a healthy lifestyle:
 - a. Servings of dairy per day
 - b. Family meals per week
 - c. Hours of screen time per day**
 - d. Hours of activity per day
2. What tool do we use to evaluate a patient's confidence and/or motivation to make lifestyle changes?
 - a. Confidence ladder
 - b. Confidence ruler**
 - c. Confidence ice burg
 - d. None of the above
3. What type of food pairing helps kids to feel satisfied at meal times?
 - a. Fruit + Vegetable
 - b. Protein + Fiber**
 - c. Dairy + Protein
 - d. Grains + Fiber
4. Kids who skip breakfast:
 - a. Lose weight faster
 - b. Do better in school
 - c. Are at a higher risk of overweight/obesity**
 - d. Have more energy later in the day
5. Regarding added sugar, we recommend that packaged food items have how many grams of added sugar or less per serving:
 - a. 9**
 - b. 11
 - c. 13
 - d. 15