**APRIL 2008**

## ARTICLE 1: Diet Quality in Multiethnic Head Start Mothers

1. Food insecure mothers have lower intakes of fruits, vegetables and low fat dairy foods than food secure mothers.
    a. True
    b. False

2. Which of the following was **not** a criterion for inclusion in this study?
    a. Between 18 and 40 years of age
    b. Have a 3 to 5 year old child enrolled in Head Start
    c. Not pregnant
    d. Income at or below 100% of the poverty index

3. Reported energy intakes for participant were highest for African American women.
    a. True
    b. False

4. Approximately what percentage of this study's participants were obese?
    a. 25%
    b. 35%
    c. 50%
    d. 55%

5. Of the total group of study participants, 50% had less than a high school equivalency.
    a. True
    b. False

6. Which ethic group had the highest intakes of vegetables, fruit, dairy foods and water?
    a. Hispanic American women from Texas
    b. African American women from Texas
    c. African American women from Alabama
    d. White women from Alabama

7. Hispanic American women had significantly better diet quality despite their lower education levels.
    a. True
    b. False

8. Which food group is most likely omitted on a daily basis by women?
    a. Vegetables
    b. Meat
    c. Fruit
    d. Daily

9. African American women in this study had the highest intake of sweetened beverages.
    a. True
    b. False

10. Which of the following methods was used to assess diet quality?
    a. Nutrient adequacy
    b. Mean adequacy ratio of eight nutrient intakes
    c. Food group intake
    d. All of the above

## ARTICLE 2: Advances in Celiac Disease and the Gluten-Free Diet

1. What percent of people in the general population have celiac disease?
    a. 1%
    b. 3%
    c. 5%
    d. 7%

2. The only available treatment for celiac disease is lifelong adherence to a gluten-free diet.
    a. True
    b. False

3. All of the following are toxic in celiac disease except:
    a. gliadin
    b. hordein
    c. secalin
    d. glutenin

4. Celiac disease affects only the proximal small intestine.
    a. True
    b. False

5. Which of the following is **not** one of the classic symptoms associated with celiac disease in children?
    a. Diarrhea
    b. Abdominal distention
    c. Weakness
    d. Failure to thrive

6. A small intestine biopsy is the “gold standard” for the diagnosis of celiac disease.
    a. True
    b. False

7. Which of the following are gluten-free?
    a. Couscous
    b. Quinoa
    c. Bulgur
    d. Barley

8. Exclusive breastfeeding for the first six months of life provides protection against celiac disease.
    a. True
    b. False

9. All foods and medications containing gluten from which of the following must be eliminated in the treatment of celiac disease?
    a. Wheat
    b. Rye
    c. Barley
    d. All of the above

10. There is no federal regulation that defines the term "gluten-free" in the US for use in the labeling of foods.
    a. True
    b. False

**Activity Evaluation:**

***Were the activity's objectives met?***

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***Do you feel the activity was fair, balanced and free of commercial bias?***

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***What topic area(s) would you like to see covered in future educational activities? (if applicable)***

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