Sorrentino: Mosby’s Textbook for Nursing Assistants, 9th Edition

Chapter 27: Nutrition and Fluids

Student Assignment

Date: ______________ Name: _____________________________

MATCHING

Match each nutrient with its function in the body.

a. Protein
b. Carbohydrates
c. Sodium
d. Vitamin A
e. Vitamin K
f. Calcium
g. Fat

1. The most important nutrient; needed for tissue growth and repair
2. Needed for growth; vision; healthy hair, skin, and mucous membranes; resistance to infection
3. Provides energy and fiber for bowel elimination
4. Provides energy, adds flavor to food, helps the body use certain vitamins
5. Needed for fluid balance and nerve and muscle function
6. Needed for blood clotting
7. Needed for formation of teeth and bones, blood clotting, muscle contraction, heart function, nerve function

COMPLETION

1. MyPlate helps you make wise food choices by
   a. ______________________________________________________________________
   b. ______________________________________________________________________
   c. ______________________________________________________________________

2. The average amount of sodium in the daily diet is ____________________________.

3. What is the purpose of a sodium-controlled diet?
   ______________________________________________________________________

4. Diabetes meal planning is for people with diabetes. Consistency is key. The meal plan involves:
a. ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

5. To promote safety and comfort when feeding a person with dysphagia, you must:
   a. ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

6. How much water does an adult need each day to survive?

7. Convert the following amounts of liquids into milliliters using the scale below.
   1 ounce = 30 mL   one 8-ounce cup = 240 mL
   a. 6-ounce cup of coffee ____________________________________________
   b. 1/2 of a 6-ounce cup of tea _______________________________________
   c. 2 ounces of Ensure ______________________________________________
   d. 8-ounce glass of milk _____________________________________________
   e. 5 ounces of Jell-O ________________________________________________
   f. 1/2 of an 8-ounce glass of water ____________________________________
   g. 10 ounces of broth ______________________________________________

8. List four things you need to know from the nurse or care plan before serving meal
   trays:
   a. ______________________________________________________________________
   b. ______________________________________________________________________
   c. ______________________________________________________________________
   d. ______________________________________________________________________

9. List five things you need to know from the nurse or care plan before feeding a person:
   a. ______________________________________________________________________
   b. ______________________________________________________________________
   c. ______________________________________________________________________
   d. ______________________________________________________________________
   e. ______________________________________________________________________