

WGU C787 EVALUATION ACTUAL

ASSESSMENT STUDY SHEET 2026 GRADED

A+

▷ RDA (Recommended Dietary Allowance). Answer: - the average daily intake level estimated to meet the needs of nearly all people in a certain group. Aim for this amount!

- Use this for planning family meals sufficient for infants, children, adults and elderly family members.

▷ AMDR (Acceptable Macronutrient Distribution Range). Answer: recommended range of carbohydrate, fat, and protein intake expressed as a percentage of total energy

▷ AMDR Range for Carbs. Answer: 45-65%

▷ AMDR range for protein. Answer: 10-35%

▷ AMDR range for fats. Answer: 20-35%

▷ UL (Tolerable Upper Intake Level). Answer: - The highest level of daily consumption of a nutrient that current data has shown to cause no side effects in humans.

- Ensures people do not take harmful amounts

▷ Good advice to a family of a 14 yr old with anorexia. Answer: - avoid focusing praise and compliments on physical attractiveness

- Do not categorize specific foods as "good" or "bad"

- Remove monetary or reward incentives from meal time

▷ Amount of weekly exercise patients should strive for. Answer: 90 min moderate physical activity at least 3 x's/wk

▷ Legal supplements for body builders to increase muscle mass and increase nitrogen retention. Answer: Protein Powder

▷ Anthropometrics. Answer: The measurement of the size, proportions, and range of motion of the human body.

ex. height, weight, waist size, etc

▷ How to calculate PAL (physical activity level). Answer: Total energy expenditure/Basal metabolic rate (aka. basal energy expenditure)

▷ Nutrition for Infants. Answer: - Human milk contains immune factors that infant formula does not

- Human milk does NOT need supplementation of vitamins & minerals, neither does infant formula

- There are not adequate intake levels for macronutrients for all infants of all ages

▷ Things to consider when address the nutritional needs of a homeless person. Answer: - is food ready to eat or do they have to prepare it on equipment

- is food non-perishable or will it require refrigeration

- is the food nutritionally adequate

▷ Barrier to nutritional education. Answer: Illiteracy

- screen for problems with written materials and provide verbal or picture-based instruction

▷ Recommendations for nutrition education for patients who speak limited English. Answer: -avoid using text only to teach

- avoid using only traditional American food

- use pictures and food from the patients culture

▷ Elderly Nutrition Program. Answer: A program that teaches older adults how to shop, plan and prepare nutritious meals and conducts HTN assessments

▷ Senior Farmers' Market Nutrition Program. Answer: provides elderly with coupons to use at farmer's markets

unprepared fruits, veggies, herbs, and honey

▷ Nutritional Assistance programs available in every US community for those who meet income eligibility criteria. Answer: - SNAP

- Child Nutrition Program