

ISNA Professional Development Test

The Benefits of Greek Yogurt

Fall 2013

True or False (write T or F in box)

1. _____ Greek yogurt is cheaper than regular yogurt.
2. _____ Greek yogurt has twice the protein than regular yogurt.
3. _____ Yogurt is always a low calorie, low fat food.
4. _____ Greek yogurt does not curdle when heated like regular yogurt.
5. _____ Most Greek yogurts contain half the amount of sodium than in regular yogurts.
6. _____ Consuming yogurt may have a positive effect on your immune system.
7. _____ Greek yogurt may be harder to digest for people with lactose intolerance.
8. _____ Most yogurts contain probiotics which are beneficial to your digestive tract.
9. _____ Yogurt contains vitamin B12.
10. _____ Greek yogurt contains twice the amount of calcium than regular yogurt.

To receive one (1) Continuing Education Unit (CEU) you must complete the above test, then mail to:

Center Grove Community Schools
Food Service Office
Attn: Shannon Nesius
4800 West Stones Crossing Road
Greenwood IN 46143

OR go to www.indianasna.org and submit it electronically.

Name: _____

SNA Membership #: _____

Address: _____

Email address: _____

Always keep a copy for your records.

****YOU MUST HAVE AN EMAIL ADDRESS TO SUBMIT AN ARTICLE!!! YOU CAN SIGN UP FOR A FREE ACCOUNT FROM HOTMAIL, GOOGLE, YAHOO, AND MANY MORE!!!! I WILL NO LONGER MAIL CERTIFICATES TO YOU.****