

# ISNA Professional Development Test

## Healthy Eating Over 50

*Winter 2013*

True or False (write T or F in box)

1. \_\_\_\_\_ As one ages, the digestive system slows down.
2. \_\_\_\_\_ Fruits and vegetables are a great source of fiber.
3. \_\_\_\_\_ We absorb most of our vitamin D through sun exposure.
4. \_\_\_\_\_ You should not consult a doctor before beginning an exercise program.
5. \_\_\_\_\_ As you age, your metabolism speeds up.
6. \_\_\_\_\_ Bread, soups, and pasta sauces can have hidden sugars.
7. \_\_\_\_\_ Avocados contain a heart healthy “good” fat.
8. \_\_\_\_\_ Steaming is healthier than frying.
9. \_\_\_\_\_ Medications do not affect your taste buds.
10. \_\_\_\_\_ Kale and spinach are high in antioxidants.

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](http://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.\*\***