

## Continuing professional development activity for dietitians

SAJCN CPD activity No 70 and 71 – 2010

### ACTIVITY 70

You can obtain 3 CEU's for reading the article: **"DIETARY FAT KNOWLEDGE AND INTAKE OF MID-ADOLESCENTS ATTENDING PUBLIC SCHOOL IN THE BELLVILLE/DURBANVILLE AREA OF THE CITY OF CAPE TOWN"** and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2010/00003

PLEASE ANSWER ALL THE QUESTIONS (True or False)

1. A lack of knowledge on dietary fat may, for some persons, be a barrier to eating a low fat diet.  True  False
2. Not all mid-adolescents are aware of the different fatty acids.  True  False
3. Only the first three questions in the dietary fat knowledge test, also the easiest questions in the test, were answered correctly by more than half of the learners.  True  False
4. Only a few learners obtained dietary fat knowledge test scores that reflected average or poor scores.  True  False
5. Most of the learners followed a diet categorised as including low fat choices.  True  False
6. Family and friends were the major nutritional information sources for those learners who followed diets categorised as high in fat or typically Western.  True  False
7. Advice to learners to substitute full-cream milk with lower fat milk choices should be made cautiously.  True  False
8. Nutritional education can increase dietary fat knowledge and improve dietary fat intake.  True  False
9. Investigating the association between nutritional knowledge and dietary behaviour requires a valid and reliable measure to determine the nutrition knowledge under study.  True  False
10. Interest in nutrition should be cultivated among adolescents as it can positively influence their dietary fat intake.  True  False
11. The home environment should support nutritional and health intervention initiatives to bring about a healthier dietary behaviour among learners.  True  False
12. A third of the adolescents in this study perceived themselves to be overweight or obese that is higher than that found in other adolescent studies.  True  False

### ACTIVITY 71

You can obtain 3 CEU's for reading the article: **"DIETARY ASSESSMENT METHODOLOGY FOR ADOLESCENTS: A REVIEW OF REPRODUCIBILITY AND VALIDATION STUDIES"** and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2010/00004

PLEASE ANSWER ALL THE QUESTIONS (True or False)

1. Validity of a dietary assessment method reflects the ability of the method to obtain identical results when administered again at a later stage under similar circumstances.  True  False
2. Reproducibility reflects the ability of a dietary method to accurately measure what the participants have actually eaten.  True  False
3. Food records seem to be the golden standard dietary assessment method in adolescents since the researcher is not dependant on the memory of the participant or his/her ability to accurately recall portion sizes.  True  False
4. Energy intake assessed by Weighed Food Records (WFRs) have shown an overestimation of energy intake in adults and a marked underestimation in adolescents.  True  False
5. One advantage of a FFQ is that individuals can be ranked according to their intake of specific foods and/or nutrients into quantiles in order to determine relative risk of disease for different quantiles.  True  False
6. If one wants to assess the consumption of specific nutrients amongst adolescents, the FFQ should be designed to include food sources high in these nutrients and provide sufficient options of frequency of consumption to reflect day-to-day variations in intake.  True  False
7. Reproducibility of FFQs is not influenced by the time period between repeated measurements.  True  False
8. The 24-hour recall is not applicable to use in populations with different ethnicities. It is a time consuming, invasive dietary tool and cannot quantify daily intakes for populations in developing countries.  True  False
9. Repeated 24-hour recalls per participant are needed to be able to indicate if an individual, group or populations is at risk for specific nutrient deficiencies.  True  False
10. According to the National Children's Study by Potischman and coworkers<sup>34</sup> the best dietary assessment tools to use in adolescents are a combination of the FFQ and multiple 24-hour recalls.  True  False
11. Weighing and recording all consumed food and drinks is a burden for adolescents who constantly form new eating habits, often eat take-away foods, easily become irritated and bored with the WFR process or simply forget to weigh and record all the consumed foods.  True  False
12. One of the main findings of this manuscript was that dietary data from WFRs, Estimated Food Records and FFQs administered amongst adolescents represent true results due to the retrospective estimation of the dietary intake by these methods.  True  False

#### HOW TO EARN YOUR CEUS

1. Please check your name and HPCSA number. 2. Read the article and answer all the questions. 3. Only **ONE** answer sheet may be submitted per article. 4. Indicate your answers to the questions by coloring the appropriate block on this answer sheet. 5. This CPD questionnaire can now be completed online at [www.sajcn.co.za](http://www.sajcn.co.za). Click on "CPD" on the main page. You are now linked to the ecpsa website. Register with the ecpsa website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate. 6. Only torn-out copies will be accepted by post. Please sign the document and post it to Postnet Suite 55, Private Bagx22, Tygervalley, Cape Town, 7536. 7. Answer sheets must be submitted **not later than March 2011**. Answer sheets received after this date will not be processed. 8. You will earn 3 CEUs per article if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. 9. Make a photocopy for your own records in case your form is lost in the mail.

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