

### ACTIVITY 72

You can obtain 3 CEU's for reading the article: "CHARACTERISTICS AND FACTORS INFLUENCING FAST FOOD INTAKE OF YOUNG ADULT CONSUMERS IN JOHANNESBURG SOUTH AFRICA" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2010/00005

#### PLEASE ANSWER ALL THE QUESTIONS (True or False)

- The South African Demographic and Health Survey (SADHS) conducted in 1998 and 2003 showed that overweight and obesity was higher in South African men than in women.  True  False
- The LSM system groups people according to their living standards, using criteria such as degree of urbanisation and ownership of cars and major appliances. This research tool excludes education as a variable, and focuses on economic factors.  True  False
- There was a highly significant relationship between money spent on fast food per month and frequency of fast food intake ( $p < 0.01$ ).  True  False
- In this study, a larger proportion of participants from the higher socio-economic grouping showed more frequent use of fast food than from the lower socio-economic grouping.  True  False
- Consistent with American studies, males consumed fast food more frequently than females.  True  False
- In the present study, the top three fast foods consumed by participants in descending order were burgers, pizza and fries.  True  False
- The main reasons for choosing a fast food were similar to the general reasons for choosing any food, with time limitations scoring highest, followed by convenience and taste.  True  False
- Despite the high frequency of fast food intake in this group, the majority of participants were concerned about their health and being overweight or obese.  True  False
- There was a significant relationship within gender with more males than females indicating that they would not choose a healthier option.  True  False
- No relationship was found between level of education and health concern.  True  False
- Almost 50% of the study sample believed that fast food could form part of a healthy lifestyle.  True  False
- The majority of participants who would not choose a healthier option if available on a fast food menu, were concerned about their health.  True  False

### ACTIVITY 73

You can obtain 3 CEU's for reading the article: "NUTRITION KNOWLEDGE AND NUTRITIONAL STATUS OF PRIMARY SCHOOL CHILDREN IN QWAQWA" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2010/00006

#### PLEASE ANSWER ALL THE QUESTIONS (True or False)

- There is a quadruple burden of disease in South Africa. Which of the following conditions do not form part of this quadruple burden? 
  - infectious diseases linked to under-nutrition
  - cancer
  - chronic diseases of lifestyle
  - HIV/AIDS-related metabolic disorders
  - a high prevalence of injury-related mortality
- Although the Department of Health has implemented various national nutrition and primary health-care intervention programmes during the past 10 years, child health has deteriorated.  True  False
- Poor eating patterns may add a risk for current and future health problems in adolescents.  True  False
- The findings of the National Food Consumption Survey of 1999 showed that the Free State was one of the provinces worst affected by poor dietary intakes.  True  False
- Subject selection in this study included both convenience and purposive sampling methods.  True  False
- In this study, the equivalence reliability of the nutrition knowledge questionnaire was determined by which of the following statistical methods? 
  - Kaplan-Meier
  - Cronbach Alpha
- The results showed that the respondents did not know that a variety of foods should be included in the diet.  True  False
- Diarrhoeal diseases carried by unsafe food and water kill approximately 1.8 million people each year and are among the leading causes of illness and death in developing countries, especially among children.  True  False
- During adolescence, total nutrient requirements are the highest in the lifespan.  True  False
- Many gaps were identified in the nutrition knowledge of the respondents in this study, specifically related to: 
  - The roles of the various food groups in the diet, as defined by the FBDG
  - Safe hygiene practices
  - Both of the above
- Nutrition knowledge is not a significant predictor of dietary intakes.  True  False
- Since most adolescents spend most of their time in school, school-based nutrition education is advised.  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 ecpdsa website. Register with the ecpdsa 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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