

**CHILDREN'S HOSPITAL OF PITTSBURGH**  
**CONTINUITY CLINIC CURRICULUM**  
**Nutrition (Older): Meeting Nutritional Requirements CME Quiz**  
**Week of September 14, 2015**

**Instructions to receive credit for completion:**

**If you are CME eligible:** Please print and complete this quiz, using black ink. Fax your completed quiz to 412-692-7231. Individuals who answer 5 or more questions correctly will receive 1.0 CME credit.

**If you are a resident** log into Med Hub to record module completion

**Name:** (Please print) \_\_\_\_\_ **Office phone:** \_\_\_\_\_ **Last 5-digits of Social Security#** \_\_\_\_\_

**Circle the single best answer for each question.**

1. According to the AAP Committee on Nutrition, how many cups of milk should children aged 9-18 years drink each day to meet their calcium requirement?
  - a. 1 cup
  - b. 2 cups
  - c. 3 cups
  - d. 4 cups
  
2. Children with low calcium intake have a greater risk of fractures during childhood than children with adequate calcium intake.
  - a. True
  - b. False
  
3. Which of the following contains the highest concentration of Vitamin D and calcium?
  - a. Vitamin D milk has the highest concentration of Vitamin D and calcium
  - b. Reduced fat milk has the highest concentration of Vitamin D and calcium
  - c. Low fat milk has the highest concentration of Vitamin D and calcium
  - d. Nonfat milk has the highest concentration of Vitamin D and calcium
  - e. All milk varieties have the same Vitamin D and calcium concentrations
  
4. If a child consumes most of his/her calcium through non-dairy sources, supplementation may be needed for which of the following?
  - a. Vitamin A
  - b. Vitamin C
  - c. Vitamin D
  - d. Iron
  
5. Adolescent boys should be screened for IDA
  - a. Prior to puberty
  - b. During peak growth spurt
  - c. After puberty is completed
  - d. At age 12 years
  
6. School lunches must meet the recommendations of the Dietary Guidelines for Americans, which recommend that no more than what percent of total daily calories come from fat?
  - a. 10%
  - b. 20%
  - c. 30%
  - d. 40%