

1. Which are not common triggers of asthma?

- A. Fruits and vegetables
- B. Mold
- C. Pets
- D. Cigarette smoke

2. Children with persistent asthma should:

- A. Not exercise
- B. Avoid certain foods
- C. Not be eligible for WIC
- D. Take daily preventative medication

3. Inhaled corticosteroids cause

- A. Weight gain and/or osteopenia
- B. Little or no side effects
- C. Drug-nutrient interactions
- D. More severe lung disease

4. Milk or other dairy product consumption

- A. Should be avoided in children with asthma
- B. May increase the incidence of osteopenia
- C. May increase mucus production
- D. Has not been shown to increase mucus production

5. Children who are overweight and have asthma have been shown to:

- A. Live in more polluted cities
- B. Have more emergency room visits than their non-overweight asthmatic peers
- C. Have lower birth weights.
- D. Eat less fruits and vegetables than their peers

6. A possible explanation for the relationship between asthma and obesity is:

- A. Trans fatty acids in foods cause free radical propagation in lung tissue.
- B. Children from lower SES groups have an increased incidence of high fat foods.
- C. Overweight individuals have an excess amount of proinflammatory cells.
- D. The increased use of inhaled corticosteroids leading to weight gain in children with asthma.

7. Cultural beliefs related to asthma in the WIC populations should:

- A. Be addressed only if brought up by the client.
- B. Be considered when developing a plan of care.
- C. Not be discussed as part of the nutrition education or counseling provided.
- D. Not differ between client and staff.

8. Persistent asthma requiring daily medication is an approved nutrition risk criterion to qualify for WIC services.

- A. TRUE
- B. FALSE

Questions for Asthma and Nutrition Module

9. All children with asthma wheeze.

- A. TRUE
- B. FALSE

10. There is not convincing evidence that exclusive breastfeeding protects against allergic asthma in children beyond age 6.

- A. TRUE
- B. FALSE

To receive a CPEU certificate for RD's or DTR's you must receive a passing score of 80% or higher on Questions 1-10.

Please circle your response to the following statements:

1. I feel more knowledgeable about the nutritional implications of asthma in children.

Strongly Disagree Disagree Neutral Agree Strongly Agree

2. I feel more knowledgeable about the types of medications used for asthma management in children.

Strongly Disagree Disagree Neutral Agree Strongly Agree

3. I feel more knowledgeable about the relationship between asthma and overweight in children.

Strongly Disagree Disagree Neutral Agree Strongly Agree

Please feel free to make any comments or suggestions:

To receive a certificate of completion, please email this test to: asthmamodule@gmail.com
or fax to (352)392-4450 attention Ellen Bowser.

Name: _____

RD or DTR # _____

Email address: _____

Fax number: _____