

## CPSP Virtual Nutrition Overview Training Post-Test

Please circle the correct answer(s).

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

1. A woman's nutrition matters **most** during her pregnancy.
  - a. True
  - b. False
  
2. The newest approved diet intake tool is the PFGR which stands for:
  - a. Prenatal Food Group Recall (PFGR)
  - b. Perinatal Food Group Response (PFGR)
  - c. Perinatal Food Group Recall (PFGR)
  - d. Postpartum Food Group Recall (PFGR)
  
3. Select **all** the nutrition tools and forms you will need:
  - a. USDA Food Intake Standard
  - b. MyPlate for Moms & My Nutrition Plan for Moms
  - c. PFGR
  - d. Perinatal Food Group Guide
  
4. Responses that fall in the *shaded* box on the PFGR are a nutritional concern to address with the client.
  - a. True
  - b. False
  
5. The PFGR will need to be documented on the individualized care plan (ICP) as "inadequate diet" if client has problems in **at least** 3 or more food groups.
  - a. True
  - b. False
  
6. Caffeine can increase absorption of iron.
  - a. True
  - b. False

7. Weight should be plotted for **all** OB visits.
- a. True
  - b. False
8. Inadequate weight gain or excessive weight gain will need to be documented on all of the following **EXCEPT**:
- a. Individualized Care Plan (ICP)
  - b. Delivery record
  - c. Prenatal Assessment Form
  - d. Postpartum Assessment Form
9. The following activities can promote healthy weight loss: (circle all that apply)
- a. Breastfeeding
  - b. Walking
  - c. Balanced diet
  - d. All of the above
10. Healthy weight loss will be about 2-4 pounds per week.
- a. True
  - b. False

**Please submit your completed test to Jocceline Hernandez at [jhernandez@ph.lacounty.gov](mailto:jhernandez@ph.lacounty.gov) or (213) 639-1034 (fax)**

**THIS SECTION TO BE COMPLETED  
BY LA COUNTY CPSP STAFF**

Score:      / 10 =      %

Passing:  YES       NO

Follow-up call completed:  YES