Pre Training Quiz: Aftercare and Treatment Centre Resource

Please either circle your answer or write your answer in the space provided. If you do not know the answer, it is okay to leave it blank.

1. Does nutrition play a role in recovery from addiction?

YES NO

1. Circle the food that helps low appetite.
   1. Hot dog
   2. Dried fruit
   3. White bread
   4. Broth-based soup
2. Write down an example of a processed food.

Answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. You could offer milk to a client with severe diarrhea.

YES NO

1. An adult (19 years and up) needs this much fluid in one day:
   1. 3-5 cups
   2. 5-9 cups
   3. 9-12 cups
   4. 12-16 cups