

Gerontology
Chapter 8 – Nutrition (Study Guide)

Review and study the following:

1. Therapeutic diet – define and list examples of
2. Soft diet – define and explain what condition (s) would require it
3. Clear liquids – define and list examples of
4. Full liquid diet – list examples of food
5. Explain why a “nectar consistency” be used on a patient persistently coughing with liquid intake
6. Water – explain function of
7. Iron – explain function of
8. Hypokalemia – define – list causes and symptoms
9. Sodium – explain function of
10. Explain the outcome for a person that has rheumatoid arthritis of the hands affecting self feeding
11. List the causes of weight loss
12. Explain the cause of dehydration
13. Magnesium – function of
14. Calcium – function of
15. Vitamin C – function of
16. Vitamin K – function of – food sources
17. Vitamin D – production of
18. Vitamin A – function of – toxicity symptoms
19. Fats – function of – complications related to excess
20. Define the following:
 - A. Structural proteins
 - B. Non-Essential Amino Acids
 - C. Essential Amino Acids
 - D. Functional Proteins
 - E. Complete Proteins
 - F. Incomplete Proteins
21. Protein – function of
22. Carbohydrates – food examples of
23. Define the following:
 - A. Complex carbohydrates
 - B. Simple carbohydrates
24. Explain the cause of edema to bilateral lower extremities
25. List the physical changes related to aging
26. BUN – define
27. Explain how weight is taken to assess any major differences
28. Explain how a patient is positioned to prevent aspiration
29. Explain how to assist a visual impaired person to know where the food is in their plate
30. Explain the purpose of a food diary
31. Explain why a patient would necessitate and enteral tube feeding