



CPD QUIZ

Gut Health Myths

1. Roughly how many Australian adults suffer from IBS?
A) 1 in 2
B) 1 in 10
C) 1 in 7
D) 1 in 5
2. IBS-like symptoms may be caused by
A) Fructose malabsorption
B) Lactose intolerance
C) Non coeliac gluten sensitivity
D) All of the above are possibilities
3. True or False: measuring the microbiome is as simple as a stool culture test
A) True
B) False
4. Effects of a low MAC diet include
A) Increased gut permeability
B) The loss of some bacterial strains
C) A decline in bacterial diversity
D) All of the above

Eating Disorders

5. Safely practicing dietetics in the eating disorders should encompass
A) Review of relevant medical parameters
B) Professional Supervision
C) A multi-disciplinary approach
D) All of the above
6. Key medical parameters for review by the dietitian when working in the eating disorders includes

- A) Biochemistry profile
 - B) Vital obs (blood pressure, heart rate etc)
 - C) Body Mass Index
 - D) a and b
7. In addition to dietitians, key members of the multi-disciplinary eating disorders team should include:
- A) Medical practitioner (GP, Paediatrician etc)
 - B) Mental Health Practitioner (eg Psychologist, Counsellor, etc)
 - C) Psychiatrist
 - D) a and b
8. Which of the following statements is true about professional supervision
- A) Professional supervision is not necessary if you are being mentored
 - B) Professional supervision helps support competent, safe, and ethical practice
 - C) Professional supervision is essential only when you have a substantial eating disorder caseload
 - D) Professional supervision can be provided by a health practitioner with three years to five years of relevant clinical experience

Blue Zones

9. The concept of the Blue Zones first came to public prominence through:
- A) A review article in the American Journal of Clinical Nutrition
 - B) A 2005 feature story in National Geographic
 - C) A speaking tour by Dan Buettner, the author of a book on the Blue Zones
 - D) Promotion through social media
10. A common food consumed across all the Blue Zones is:
- A) Red meat
 - B) Soy
 - C) Legumes
 - D) Red wine
11. Which of the following is a common lifestyle habit seen across Blue Zones?
- A) Daily meditation
 - B) Living a more solitary life
 - C) Drinking alcohol only with meals
 - D) Incorporation of daily purposeful and natural movement
12. Shortening of telomeres (the protective caps at the end of DNA) is linked to:
- A) A poor diet, inflammation and oxidation
 - B) A longer healthy life
 - C) Eating a Mediterranean-style diet
 - D) A lower risk of developing cancer

Adverse Reaction to Foods

13. What is best practice for diagnosis of food chemical intolerance?
- A) Skin prick test
 - B) Blood test
 - C) Elimination diet and challenge protocol
 - D) Patch test
14. What symptoms are commonly associated with food intolerance?
- A) Stomach/bowel irritation
 - B) Recurrent hives/swellings
 - C) Headaches
 - D) All of the above
15. The elimination diet involves eliminating foods or food chemicals one at a time?
- A) True
 - B) False
16. Which food chemicals are commonly associated with food intolerance?
- A) Food additives
 - B) Glutamate
 - C) Salicylates and amines
 - D) All of the above

Nutrition for Fertility

17. The first thousand days is:
- A) A number of days that a couple needs to have sexual intercourse before they can conceive
 - B) The number of days that a man should abstain from ejaculation to have fertile sperm
 - C) The period of time from birth to infancy that parents should wait before introducing solids to their infant
 - D) The period of time from pre-conception to infancy that impact where most genetic programming is undertaken
18. Harvard University found that the following dietary patterns were beneficial for fertility rates:
- A) Eating pineapple core daily
 - B) Drinking full cream milk
 - C) Following a paleo diet
 - D) Coconut oil
19. Excess body fat levels may increase fertility by all of the following except:
- A) Impacting egg health
 - B) Impacting ovulation
 - C) Impacting rates of implantation of the embryo into the uterus
 - D) Impacting the size of the fallopian tubes
20. What percentage of women with endometriosis experience problems with fertility?
- A) 0%
 - B) < 10%
 - C) 30 – 50%
 - D) >90%

- Answers:
- 1. C
 - 2. D
 - 3. B
 - 4. D
 - 5. D
 - 6. D
 - 7. D
 - 8. B
 - 9. B
 - 10. C
 - 11. D
 - 12. A
 - 13. C
 - 14. D
 - 15. B
 - 16. D
 - 17. D
 - 18. B
 - 19. D
 - 20. C