**Module 5: Nutrition Research**

**Pre/Post Test Questions**

1. Diet has long-term can be affected to health and disease by:
2. Behavior and preferences of the individual,
3. Socioeconomic status,
4. Cultural and social factors
5. Food accessibility and availability,
6. Environment,
7. Mental and physical functioning.
8. a,b,c and d
9. All of the above
10. why is it that nutrition research is so important, and we need to do it?
11. Nutrition research provides critical science-based evidence
12. Identification and addressing gaps in nutrition knowledge and its relationship with human health and disease.
13. Creates the bridge between researchers and practitioners.
14. Provides greater assurance of accurate and valid results through peer review.
15. Provides critical and compelling evidence for decision making and policies.
16. None of the above
17. All of the above
18. Nutritional assessment is fundamental in nutritional in nutrition study
    * + 1. True 2. False
19. Variability in diet needs:
20. Day to day dietary intake
21. Observe within and between persons
22. Can be handled through statistical correction
23. Controlling the variation in total energy intake
24. a and b
25. all of the above
26. None of the above
27. Directions in Nutrition Research:
28. It is a fundamental aspect of human health.
29. It is always considered in health epidemics.
30. It is critical in physiological processes
31. It is a complex area that can result in inconsistent findings.
32. Long-term compliance in studies is sometimes challenging.
33. a,c,d and e
34. All of the above
35. Nutritional Monitoring and Surveillance are defined by the systematic collection, analysis and interpretation of health measurements that can be repeated or compared between the population at specific time points.
    * + 1. True 2 False
36. Monitoring is
37. Collection of measures from a representative sample
38. Analysis of measures from sample
39. Use to follow the trends of target population.
40. Collection of measures that are intended to develop certain interventions
41. Detection of a particular trend or specific group.
42. a,b and c
43. All of the above
44. Healthy choices are
45. Individuals’ personal decision,
46. There are multiple constraints
47. Factors that could potentially affect these decisions
48. All of the above
49. None of the above
50. Multiple interdisciplinary topics in nutrition can not provide a better and more objective understanding of the role of nutrition in health problems, and the development of precise interventions/treatments.
    * + 1. True 2. False
51. Nutrition research requires
52. Rigorous processes
53. Non exact science due to the multiple constraints and practices.
54. Improvements in the design, measurement, analyses, and reporting.
55. Can potentially correct the limitations that have been reporting before
56. All of the above
57. None of the above
58. **Why we do research?**
59. Find factors that could potentially affect these decisions
60. Provide a better and more objective understanding of the role of nutrition in Use a result to development of precise interventions/treatments.
61. It has been perceived as a non-exact science due to the multiple constraints
62. Can practices that have been done in the past.
63. All of the above
64. None of the above
65. Hypothesis is
66. The hypothesis states the relationship that we expect to observe in our study.
67. The hypotheses show indirectly the overall impact of the study.
68. Hypotheses formulation rely mainly in a good literature review
69. The rationale must be logical, supported with previous evidence, and the expectations must be reasonable
70. All of the above
71. None of the above
72. Significance is fundamental to address **how** will the scientific knowledge, technical capability and/or clinical practice will be improved if the aims are obtained.
    * + 1. True 2. False
73. Study population and sample are:
74. Entire group of interested, based on the research question.
75. Must be defined by geographic location, age, sex, and any other additional attribute **relevant** for the research question
76. The study sample is a part of the fully defined population.
77. A representative sample gives the chance that every member or the defined population has an equal and mutually exclusive chance of being selected.
78. None of the above
79. All of the above
80. Analytic Studies is examine associations by measuring the effects of risk factors on specific outcomes and potentially hypothesized causal effects
    * + 1. True 2. False
81. Observational Studies isinvestigator observes the individual with intervening them
    * + 1. True 2. False
82. Cross-Sectional describes the relationship of the exposure and outcome, measured at the ONE TIME POINT
    * + 1. True 2. False
83. Case Control is retrospectively, we identify the outcome and match cases with controls and see the same in the exposure
    * + 1. True 2. False
84. Cohort is following the individuals and compare the exposed and unexposed and see the difference in the outcome.
    * + 1. True 2. False
85. What is a literature review?
86. refers to the compendium of the published information in a specific subject.
87. review includes relevant publications.
88. review is the first step of the research process, as it helps us identify the

research gap, useful methodology, and support our study.

1. review is first step to identify the research gap and situate our research within the existing knowledge.
2. It helps you become more proficient on the topic of the study.
3. develop the theoretical frame and methodology that could support your research question and hypothesis.
4. evaluate the current literature and debate around the topic.
5. All of the above
6. None of above

Thank you