
19. TEST ANSWERS

🔍 LESSON 1 TEST ANSWERS

- Q1. (b), (d) and (e).
- Q2. (b), (c), (e), (d), and (f). The items shown in (a) and (g) are not included in the “Good Food Toolkit.”

🔍 LESSON 2 TEST ANSWERS

- Q1. (1) Energy Group, (2) Protective Group, and (3) Body-building Group.
- Q2. (a) Rice – Energy, (b) Pumpkin – Protective, (c) Fish – Body-building, (d) Noodles – Energy, (e) Sugar – Energy, (f) Green leaves – Protective, (g) Papaya – Protective, (h) Egg – Body-building, (i) Ground Nuts - Body Building, (j) Pineapple – Protective, and (k) Beans – Body-building
- Q3. (c). A calorie is a unit of measuring energy in the food that we eat.
- Q4. True.
- Q5. False. PLHIV who are sick should consume more calories per day when they are sick, to help their body fight the illness.
- Q6. 6 months
- Q7. Breast milk
- Q8. Dark green leafy vegetables, cooked pumpkin, oil, iodized salt, egg, fish, meat, coconut, etc
- Q10. 3 meals and 2 snacks or at least 4 meals
- Q11. True

🔍 LESSON 3 TEST ANSWERS

- Q1. Being sick causes people to feel not hungry, this causes them to eat less, leading to weight loss and malnutrition. Malnourished people are less able to fight infection and therefore become sick more easily.
- Q2. (a), (c), (e), (f), (h), (i), (j)
- Q3. 1. True, 2. True, 3. False, 4. False, 5. True, 6. False, 7. False, 8. False, 9. True, 10. False

🔍 LESSON 4 TEST ANSWERS

- Q1. TRUE
- Q2. (a) 150 centimeters.
- Q3. FALSE. The wall must be perfectly flat all the way down to the floor.
- Q4. FALSE. The zero point on the measuring tape measure MUST be at the exact point where the floor and the wall meet.
- Q5. (a), (b) and (c).
- Q5. The BMI is 19.5 – this PLHIV’s weight is normal but is on the low side of normal and the PLHIV should be counseled on the five ways to gain weight from lesson 3.

🔍 LESSON 5 TEST ANSWERS

- Q1. (c). The TOP BOX of FRONT PAGE the Monitoring Form should be prepared before visiting PLHIV.
- Q2. The correct answer:
RED — Body-building Group
WHITE — Energy Group
YELLOW AND GREEN — Protective Group
PURPLE — “Enhancer” foods
- Q3. Numbers 1, 2, 4, 6, 8, 9, 11 should be circled.
- Q4. (c) 1 – 2 improvements per visit. It is more difficult for the client to remember more than 1 – 2.

Q5. Answer is circle Improvement 6 on the monitoring form. Show the clients the red cards that the client identified that were available and affordable. Negotiate with the client ways to try and add these foods to their meals such as gathering these foods from the rice field and also trying to introduce new foods to their soups like beans. Eggs are a great red food that are affordable. Negotiate having them eat ½ an egg at lunch and ½ at dinner.

Participants maybe have other ideas for answers to Q5, so answers may vary.

🔍 LESSON 6 TEST ANSWERS

Q1. The correct answers are (in this order):

2 Ask PLHIV what they see in the picture (and other questions) and LISTEN

1 Select the appropriate cards

4 Discuss what is possible

5 Keep a record of the cards you've discussed on the Monitoring Form and choose the key suggested actions

3 Provide correct information

Q2. TRUE

Q3. TRUE

Q4. Chose the card depending on the immediate situation of the PLHIV at the time of the visit.

Q5. One or two depending on the situation.

Q6. (b) and (c).