

Diet Screening Module

Post Test

(Revised 6/2000)

Name _____

Date _____

Agency _____

Grade _____

1. Diane Peters is a 17 year old pregnant woman who is being certified today on the WIC Program. Below is her 24-hour Food Recall which she has brought to her appointment. **While talking to Diane she tells you that the mango she had for her evening snack was actually mango-flavored sherbet and the juice she had for her morning snack was orange drink.** Complete the 24-hour Food Recall making notations on the form as needed.

COLORADO WIC PROGRAM 24-HOUR FOOD RECALL

Diane Peters 17 years Today's Date
 NAME AGE DAY/DATE

Please write down everything you (or your child) eat or drink on a typical day. If yesterday was a typical day, you may write down those foods. Begin with the first thing eaten after getting up until the last thing eaten before bed time. If you or your child get up and eat or drink during the night or eat or drink anything between meals, please list those foods too. Tell us as much as you can about how the foods were prepared (baked, fried, raw, etc.) and how much you eat in cups, teaspoons, or ounces.

TIME	FOOD OR DRINK EATEN	AMOUNT	FOR STAFF USE ONLY						
			Dairy Prod.	Meat/Meat Alt.	Bread/Cereal	Fruits/Vegs	Vit. A	Vit. C	Other
8:00 Am	Milk, skim	1/2 cups							
	English Muffin	1 whole							
	Peanut butter	2 tbsp							
10:30 Am	Orange juice	3/4 cup							
	peanuts	1/4 cup							
12:30 Pm	Sandwich: bread	2 slices							
	bologna	2 ounces							
	cheese (processed)	2 ounces							
	Pepsi	12 ounces							
5:30 Pm	Baked Chicken	2 legs							
	Mashed potatoes	1/2 cup							
	Margarine	2 tbsp							
	green beans, cooked	1 cup							
	Milk, skim	1 cup							
9:00 Pm	Mango	1/2 cup							
Total Servings Eaten									
Suggested Servings Needed									
Adequate (A) or Inadequate (I)									

Assessed by: _____ (Staff)

WIC #425 (rev. 5/96)

Give two suggestions for goals to improve Diane Peter's diet. Remember the characteristics of a good goal.

A.

B.

3. Alice Brower is a 24 year old, postpartum-breastfeeding woman. She is in for her 6 month recertification visit as a breastfeeding woman. Her breastfeeding has been going well. Her infant is growing well. Below is her Food Frequency form. Complete the form and the chart below the form which indicates numbers of servings that would be entered into the ASPENS system.

Name ALICE BROWER

Date Today's Date

What Did You Eat Yesterday?

Instructions: For each group of foods listed below write the number of times you ate the foods yesterday. If you did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only
MILK: whole, 2%, 1%, skim, flavored <u>Sources</u>	3	
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE	1	
MILK BASED SOUPS, ICE CREAM, YOGURT, PUDDING		
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito	2	
LUNCHEON MEATS, HOT DOGS, SAUSAGE		
EGGS		
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU, NUTS	1	
CEREAL: hot or cold	1	
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI	1	
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS		
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN	1	
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash		
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green pepper, strawberries	1	
JUICE: orange, grapefruit, tomato or other juices		
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	3	
OTHER DRINKS: Soda pop, coffee, tea, Kool-aid, fruit drink, sports drinks		
ALCOHOLIC BEVERAGES: beer, wine, mixed drinks		
Potato chips, corn chips, pretzels	1	
Candy, cake, cookies, donuts, poptarts	1	
List any other foods eaten which were not listed above: <u>1 Burrito with green sauce</u>		

Food Frequency - Adult
WIC #447 (Rev. 12/98)

WIC Staff & Date _____

CA____ PRO____ B/C____

T F/V____ A____ C____

4. Jessica Torres is a healthy 4 year old child being recertified today. Below is a copy of her Food Frequency form. Complete the form and the chart below the form which indicates numbers of servings that would be entered into the ASPENS system.

Child's Name Jessica Torres

Date Today's Date

What Did Your Child Eat Yesterday?

Instructions: For each group of foods listed below write the number of times your child ate those foods yesterday. If your child did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only
MILK: whole, 2%, 1%, skim, flavored <u>1 cup</u>	<u>2</u>	
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE	<u>1</u>	
ICE CREAM, YOGURT, PUDDING, MILK BASED SOUPS		
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito	<u>1</u>	
LUNCHEON MEATS, HOT DOGS, SAUSAGE	<u>1</u>	
EGGS	<u>1</u>	
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU		
CEREAL: hot or cold	<u>1</u>	
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI		
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS	<u>2</u>	
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN	<u>1</u>	
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash	<u>1</u>	
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green/red pepper, strawberries		
JUICE: orange, grapefruit, tomato, or other juices	<u>1</u>	
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	<u>2</u>	
OTHER DRINKS: soda pop, Kool-aid, fruit flavored drinks, tea, sports drinks	<u>1</u>	
Potato chips, corn chips, pretzels	<u>1</u>	
Candy, cake, cookies, donuts, poptarts	<u>1</u>	
List any other foods eaten which were not listed above:		

Food Frequency - Child
WIC #449 (Rev. 12/98)

WIC Staff & Date _____

CA____ PRO____ B/C____

T F/V____ A____ C____