



Test Questions and Evaluation

Instructions: In order to receive your CEU certificate via email, you must answer four of the five test questions correctly and complete the evaluation below. After completing this form email a copy to info@savorpodcast.com and pay the \$10 CEU fee at savorpodcast.com. If you have any questions about receiving your CEU please email us!

Episode: Nutrition 101

Date _____

Instructors: Danielle Beck-Ellsworth, PsyD MFT, Kelly Hinds, RD LD

Name: _____

License Number: _____

Mailing Address: _____

Phone Number: _____

Email: _____

Test Questions: You must have a minimum of four correct in order to receive one CEU for listening to the episode.

Circle True or False to indicate your answer.

1. True or False: Carbohydrates are the body's main source of energy
2. True or False: Medical doctors are the most reliable source for nutrition information
3. True or False: 10-20 gram fat intake each day is adequate for the general adult population
4. True or False: The majority of diet books are authored by nutrition professionals
5. True or False: It has been proven that dietary fat intake increases body fat composition

Evaluation: Please rate the presenters and episode using the following scale

1-Poor 2-Fair 3-Good 4-Excellent

The presenters demonstrated expertise in the topic.	1	2	3	4
The episode met the advertised objectives.	1	2	3	4
The information provided will be useful in my practice.	1	2	3	4
The content was interesting & added to my knowledge.	1	2	3	4
The resources on the Savor website were useful.	1	2	3	4

I would listen to another episode with these presenters again. Circle one of the following:

Yes Maybe No

I would listen to another CEU Savor Episode in the future. Circle one of the following:

Yes Maybe No

Topics I would like to learn more about include: _____

Objectives:

1. To educate participants on basic macronutrient nutrition
2. To explain the role of Registered Dietitians in medical care
3. To review public nutrition information sources and explore their reliability
4. To educate participants on the credentialing processes of Registered Dietitians & Nutritionists
5. To explore the role of medical doctors in providing nutrition recommendations