

Fueling Excellence: Nutritional Insights To Unleash Your Inner Leader

Knowledge Assessment Worksheet and Preliminary Action Plan

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Handout
#3

Beginning Nutrition Knowledge Self-Assessment Checklist

Place a check mark in the column that best describes your familiarity with each concept.

	Highly Familiar	Somewhat Familiar	Less or Not Familiar
1) USRDA-The US Recommended Daily Allowance for Vitamins and Minerals			
2) Nutrition Facts label-What items appear on the label, what do they mean			
3) Carbohydrate/Protein/Fat – calories per gram, impact on the body			
4) Key Vitamins			
5) Key Minerals			
6) Carbohydrates			
A. Refined vs. complex carbohydrates			
B. Sources of complex and refined carbohydrates			
C. Sugar content of common items such as soft drinks			
7) Types of dietary fat and impact on body			
A. Saturated Fat			
B. Trans Fat			
C. Polyunsaturated Fat			
D. Monounsaturated Fat			
8) Types of fiber and benefits to body			
A. Soluble			
B. Insoluble			
9) Whole grains			
A. Different types of grains			
B. How to identify a product that contains whole grains			
10) Sodium content of table salt, canned soups, packaged foods, etc			
11) When to eat-Times of day, how often			
12) Bioavailability of nutrients			
13) Antioxidant sources and benefits to body			
14) Omega-3 fatty acids and benefits to body			

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Existing nutritional habits I want to eliminate

Work
Home
Travel

New nutritional habits I want to build

Work
Home
Travel

Resources and Reinforcers available to me

Web sites for further research and ongoing support
Friends/Colleagues with similar interests