



LODESTAR NUTRITION FORM

NOTE: This form is to be completed by the Case Manager only.

Client ID No. _____

Case Manager _____

Client Name _____
First and Middle

_____ Last

Test Date ____/____/____
MM/DD/YYYY

Pre-Test Post-Test

Pregnant Teen Parenting Teen Sibling

Guideline planned to be used/ Intervention used:

Adolescent Nutrition and Screening for Risk

Calcium

Folate

Iron

Fruits and Vegetables

Vegetarian

Physical Activity

Body Image and Disordered Eating

Weight Management

Case Manager: Please transcribe client responses to this sheet from the client completed survey.

Enter nine (9) for questions that the client failed to respond to, or gave multiple responses to.

<p>1.) Eat fruit or drink a glass of 100% fruit juice _____</p> <p>1) One or less 2) Two 3) Three 4) Four 5) Five or more</p> <p>2.) Eat vegetables _____</p> <p>1) One or less 2) Two 3) Three 4) Four 5) Five or more</p> <p>3.) Eat dairy foods _____</p> <p>1) One or less 2) Two 3) Three 4) Four 5) Five or more</p> <p>4.) Good source of calcium _____</p> <p>1) Broccoli 2) Beans 3) Almonds 4) Tofu 5) Corn tortillas 6) All of the above foods 7) I don't know what calcium is</p>	<p>5.) Good source of folate or folic acid _____</p> <p>1) Beans 2) Broccoli 3) Oranges and orange juice 4) Avocados 5) All of the above foods 6) I don't know what folate or folic acid is</p> <p>6.) Good source of iron _____</p> <p>1) Beans 2) Meat 3) Dried Fruit 4) Cereal 5) All of the above foods 6) I don't know what iron is</p> <p>7.) Participate in physical activities _____</p> <p>0) Zero Days 1) One day 2) Two days 3) Three days 4) Four days 5) Five to Seven days</p> <p>8.) Which fast food is lowest in fat _____</p> <p>1) Whopper Jr. (Burger King) 2) Western Bacon Cheeseburger (Carl's Jr.) 3) Cheeseburger (In and Out Burger) 4) Taco Salad, no shell (Taco Bell) 5) Two slices of veggie pizza (Domino's)</p>	<p>9.) Vegetarian foods that improve iron intake _____</p> <p>1) Orange Juice 2) Apples 3) Enriched rice 4) Milk</p> <p>10.) Should exercise 45 min. per day at least 4 days/week _____</p> <p>1) True 2) False</p> <p>11.) Diet is defined as a way to lose weight _____</p> <p>1) True 2) False</p> <p>12.) Fat is a necessary nutrient _____</p> <p>1) True 2) False</p> <p>13.) Most women/men could look like models _____</p> <p>1) True 2) False</p> <p>14.) Coffee tea and soda inhibit absorption of iron _____</p> <p>1) True 2) False</p> <p>15.) Eating healthy means giving up certain foods _____</p> <p>1) True 2) False</p>
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