

|  |
| --- |
| Check for Understanding This document is used to verify that the employee attending the training (The Trainee), understands the key points of the training provided. |
| **Topic:** | Eating Right for Health |
| Circle the best answer to the following questions  |
| 1. | Concerning Type II diabetes, there are 5.7 million undiagnosed people in the US today. TrueFalse |
| 2. | For proper health and nutrition, it is heathier to change your dietary choices than it is to go on a diet.TrueFalse  |
| 3. | A healthy weight loss is one to two pounds a week.TrueFalse |
| 4. | \_\_\_\_\_ is the key to healthy eating.A. (Needs an answer to choose from)B. (Needs an answer to choose from) |
| 5. | Red meat is best consumed only \_\_\_\_\_.A. Once a weekB. Once a month |
| 6. | White bread/rice is a good source of carbohydrates.TrueFalse |
| 7. | Our bodies need carbohydrates for fuel.TrueFalse |
| **Employer’s Name** **City/ County:** |  |
| **Trainee Section** – By signing this document, I verify that I have viewed the entire training video and completed the questions within “Check for Understanding” document without any outside assistance. |
| Print Trainee’s Name:  |  | Date |  |
| Trainee’s Signature:  |  |
| **Employer’s Training/ Safety/ HR Coordinator Section** – By signing this document, I verify that the “Trainee” has viewed the entire training video and completed the questions within “Check for Understanding” document without any outside assistance. |
| Print Coordinator’s Name:  |  | Date |  |
| Coordinator’s Signature:  |  |
| Please scan and return via e-mail to ahowery@lgrms.com or via mail to LGRMS, 3500 Parkway Lane, Suite 110, Norcross, GA, 30092 |