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| 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.  True  False | | | | | |
| 2. | For proper health and nutrition, it is heathier to change your dietary choices than it is to go on a diet.  True  False | | | | | |
| 3. | A healthy weight loss is one to two pounds a week.  True  False | | | | | |
| 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 week  B. Once a month | | | | | |
| 6. | White bread/rice is a good source of carbohydrates.  True  False | | | | | |
| 7. | Our bodies need carbohydrates for fuel.  True  False | | | | | |
| **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](mailto:ahowery@lgrms.com) or via mail to LGRMS, 3500 Parkway Lane, Suite 110, Norcross, GA, 30092 | | | | | | |