**Nutrition and Hydration Quiz** – answer sheet

1. **How many drinks should you have each day (in cups or glasses)?**

c. 6-8

1. **True or false: drinking tea and coffee makes you more dehydrated**

False: Tea and coffee contain a lot of water so are a great way to stay hydrated!

1. **True or false: your sense of thirst can decrease as you get older**

True: This is one of the reasons some people become dehydrated

1. **Which type of milk should you drink if you need to put on weight?**

c. Full-fat milk is recommended for people who need to put on weight. You can also mix in 2-4 tablespoons of milk powder to add extra energy, calcium and protein

1. **Apart from thirst, how can you tell if you are dehydrated?**
   1. The pinch-test – gently pinch the skin on the back of your hand, it springs back to normal you are well hydrated
   2. Look at the colour of your urine when you go to the toilet. It should be clear in colour and odour-free (some medications can affect this)
   3. Sunken eyes, dry lips and dry skin
   4. Headaches, dizziness, concentration
   5. UTIs
2. **True or false: Older people with a poor appetite can safely skip meals**

False: skipping meals can lead to weight loss and undernutrition. Eating well and maintaining a healthy weight is important to give you energy, stay independent and fight off any infections. Losing weight can be very dangerous for your health and independence.

1. **True or false: It doesn’t matter whether an older person eats alone or with others – food is just fuel for the body**

False: Eating together promotes healthy eating, especially for those living alone. We naturally eat more around others and make better food choices. Have you ever thought it was pointless cooking a big, healthy meal just for one so opted for toast or biscuits instead? Why not find a new lunch club or invite a friend, neighbour or family member to eat with you?

1. **True or false: if an older person becomes undernourished there is not much they can do about it**

False: There are lots of steps you can take to increase your food intake, this includes:

* 1. eating snacks between meals
  2. using full-fat food and drinks, including milk
  3. adding high-energy food to your meals and snacks, such as extra butter, cheese, cream, oil or mayonnaise
  4. using full-fat ready-meals to make meal preparation easier

1. **How many people aged 65 or above in the UK are suffering from undernutrition?**
2. 1.3 million people aged 65+ are suffering from undernutrition in the UK
3. **Of the older people in the UK suffering from undernutrition, what percentage live in the community either in their own home or with family?**

d – 93%, the majority of people who are at risk of undernutrition live in the community. This means it is important we are all on the look out for the signs of undernutrition so we can help people to make changes before it becomes a serious illness.