**Nutrition and Hydration Quiz**

1. **How many drinks should you have each day (in cups or glasses)?**
   1. 1-2 b. 3-5 c. 6-8 d. 9-10
2. **True or false: drinking tea and coffee makes you more dehydrated**

True False

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

True False

1. **Which type of milk should you drink if you need to put on weight?** 
   1. Skimmed b. Semi-skimmed c. Full-fat
2. **Apart from thirst, how can you tell if you are dehydrated?**

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1. **True or false: Older people with a poor appetite can safely skip meals**

True False

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

True False

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

True False

1. **How many people aged 65 or above in the UK are suffering from undernutrition?**
   1. 1,000 b. 10,000 c. 100,000 d. 1,000,000
2. **Of the older people in the UK suffering from undernutrition, what percentage live in the community either in their own home or with family?**
   1. 5% b. 28% c. 74% d. 93%