

Consumer Education Project of Milk SA - CEU activity

You can obtain 1 CEU for reading the review article ***“Iodine concentration of organic and conventional milk: implications for iodine intake”*** and answering the accompanying questions.

The article has been accredited for 1 CEU

HOW TO EARN YOUR CEUs

1. Type in your personal details provided in the answer sheet below.
2. Read the article titled ***“Iodine concentration of organic and conventional milk: implications for iodine intake”*** Bath SC et al. 2012. British Journal of Nutrition 107 (935-940) and answer the questions.
3. Indicate your answers to the questions by making an “X” in the appropriate block.
4. You will earn 1 CEU point if you answer 70% or more of the questions correctly. A score of less than 70% will unfortunately not earn you any CEUs.
5. Save a copy for your own records in case your answers do not reach us.
6. Submit your answers automatically by clicking the button at the bottom of the answer sheet.
7. The closing date for this activity is 30 December 2018. Answer sheets received after this date will not be processed. Certificates will be sent within two months from receipt of answer sheet.

PLEASE COMPLETE:

HPCSA number: DT _____

Surname as registered with HPCSA: _____ Initials: _____

Cell phone number: _____

Email address* _____

(*NB: Supply email address for certificate delivery)

Signature: _____

I hereby declare that this is my own unassisted work.

ANSWER ALL 5 QUESTIONS

(There is only one correct answer per question.)

Indicate your answers to the questions by making an “X” in the appropriate block

1. Evidence shown that mild to moderate maternal iodine deficiency is associated with impaired infant development including _____

- a. decreased motor development
- b. lower IQ and increased incidence of ADHD
- c. autism

2. Milk iodine levels differ _____

- a. by season
- b. by the fat content of the milk
- c. by cow breed

3. The iodine concentration of organic milk proved to be significantly lower than that of conventional milk with a median difference of 42%.

- a. true
- b. false

4. In the UK _____ are considered as a prime source of iodine.

- a. iodised salt
- b. fish and shell fish
- c. milk and dairy products

5. The restrictions imposed by _____ have nutritional implications both for _____ raised animals and for populations eating the produce.

- a. livestock fed farming; corn-fed
- b. conventional farming; conventional
- c. organic farming; organically

To submit your answer sheet automatically please click here **SUBMIT**