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## *Lesson 9 Quiz:* **VEGETARIAN, VEGAN, RAW & PALEO DIETS**

1. Healthy diets, even if they are very different in theory, have a lot of similarities.
  - a. **True**
  - b. False
2. If you are following a specific diet in a healthy way, you should be getting
  - a. Healthy fats
  - b. Lean sources of protein
  - c. Lots of fruits and vegetables
  - d. **All of the above**
3. What is a common problem that arises from following a vegetarian or vegan diet?
  - a. Not consuming adequate protein
  - b. **Eating too many carbohydrates**
  - c. Eating too many greens
  - d. Constipation
4. While some foods have the most nutritional value when raw, some others
  - a. Are more nutritious when they expire
  - b. Are most nutritious when canned
  - c. Increase their nutritional value when eaten chilled
  - d. **Increase their nutritional value when cooked**
5. People can handle whatever diet they decide to follow.
  - a. True
  - b. **False. A diet needs to fit your lifestyle or it won't be sustainable**
6. While on a paleo diet, what is one very important thing to remember?
  - a. **You still need to eat the right portions**
  - b. You should eat as much dairy as possible
  - c. Legumes will make you sick
  - d. You shouldn't eat anything cooked
7. What is the most important thing to remember when starting any diet?
  - a. What really works for you
  - b. What types of food can't you live without
  - c. What your conscious indulgences are
  - d. **All of the above**

8. When helping a client, you must \_\_\_\_\_ their likes/dislikes, who they are, and their lifestyle, without \_\_\_\_\_.
- a. Judge, honor
  - b. Ignore, regard
  - c. Honor, judgement**
  - d. Honor, listening
9. Possible deficiency in B12, calcium, iron, and omega-3 fatty acids is a con of what diet?
- a. Low Carb
  - b. Paleo
  - c. Vegetarian & Vegan**
  - d. Raw
10. What diet promotes drinking tons of water throughout the day?
- a. Low Carb
  - b. Paleo
  - c. Vegetarian & Vegan
  - d. Raw
  - e. All of the above**