

## Lesson 11 Quiz:

### THE NUTRITIOUS LIFE HANDBOOK

1. What roles do you need to take on when nutrition counseling to increase your likelihood of success?
  - a. Cheerleader
  - b. Life Coach
  - c. Therapist
  - d. All of the above**
  
2. When working with clients, you must acknowledge who you are to yourself, and determine the type of \_\_\_\_\_ and the type of \_\_\_\_\_ you want to have with clients.
  - a. Tone, communication**
  - b. Attitude, emotion
  - c. Energy, time
  - d. Emotion, energy
  
3. The most important thing you need to know when communicating with your client is...
  - a. How to communicate what you are going to say
  - b. What specific information you are going to give
  - c. When and in what form you are going to give the information
  - d. All of the above**
  
4. \_\_\_\_\_ is key for a client to become successful, and \_\_\_\_\_ is essential to short term and long term success with changing diet, losing weight, maintaining weight loss, and improving health.
  - a. Accountability, consistency**
  - b. Accountability, emailing
  - c. Communication, texting
  - d. Accountability, eliminating boundaries
  
5. What is one of the best ways to keep your clients accountable?
  - a. Calling every day
  - b. Food journal**
  - c. Reprimanding
  - d. Giving them a cheat day
  
6. Why is a food journal useful for you to help your client?
  - a. It helps you fill time during the session
  - b. It helps you count how many calories they are eating
  - c. It helps you better understand your client and the why behind what they ate**
  - d. It helps you schedule upcoming sessions

7. When reviewing the indulgences on a client's food journal, what is the most important thing for you to understand?

- a. **The why behind the indulgence**
- b. How many calories they indulged in
- c. What parties they are going to
- d. All of the above

8. When people don't write down what they ate, they underestimate how much they ate by...

- a. 25%
- b. **50%**
- c. 75%
- d. 90%

9. Maintain a relationship with your clients because you want them to use you as their health resource.

- a. **True**
- b. False