



the nutrition school

Explanation of a Nutritious Life

Lesson 1 Quiz

1. What is the foundation of the Nutritious Life certification?
 - a. Proper diet is most important
 - b. Diet and exercise together are most important
 - c. Consider all 8 pillars of a Nutritious Life equally
 - d. There are 8 pillars to consider but they are not all equal
2. Living a Nutritious Life is just about learning nutrition and diet.
 - a. True
 - b. False. Just learning what to eat isn't enough
3. Studies show that when you exercise you _____ better.
 - a. Sleep
 - b. Grocery shop
 - c. Restrict calories
 - d. Look
4. When you're hydrated, your metabolism is up 3% from when you're not properly hydrated.
 - a. True
 - b. False
5. Feeling hungry and exhaustion could be signs that you are...
 - a. Vitamin D deficient
 - b. Protein deficient
 - c. Hyperglycemic
 - d. Dehydrated

6. When you're sleep deprived your...
- a. Hunger hormone (ghrelin) increases and satisfaction hormone (leptin) decreases
 - b. Hunger hormone (leptin) increases and satisfaction hormone (ghrelin) decreases
 - c. Hunger hormone (ghrelin) decreases and satisfaction hormone (leptin) increases
 - d. Oxytocin is released
7. Having a goal will help you stay _____, and _____ is critical.
- a. Calorie restricted, deprivation
 - b. Focused, losing weight
 - c. Consistent, consistency
 - d. In a routine, eating the same things everyday
8. 50% of your weight is how much you eat, the other is how much you exercise.
- a. True
 - b. False. It is up for debate, but some would argue as much as 90% of your weight has to do with how much and what you eat
9. More muscle mass equals...
- a. Fatigue
 - b. Slower metabolism
 - c. Increase in cortisol
 - d. More metabolic action
10. Being stressed can lead to emotional eating which then leads to...
- a. Weight loss
 - b. More stress
 - c. Diabetes
 - d. Decreased cortisol

11. One thing you can do to manage your stress daily is to...
- a. Breathe in for a count of 8, breathe out for a count of 8
 - b. Drink a glass of water
 - c. Skip exercising
 - d. Watch TV before bed
12. _____ is negative energy, and _____ is positive energy.
- a. An "I can" attitude; willpower
 - b. Eating; restricting
 - c. Willpower; an "I can" attitude
 - d. Sleep; stress
13. When you adopt an attitude of wanting foods vs. not allowing foods, you...
- a. Gain weight
 - b. Will change your relationship with food for the positive
 - c. Lose weight
 - d. Change your relationship with food for the negative
14. When you keep "your world" clean and organized,
- a. You're less efficient and less stressed
 - b. You're more efficient and less stressed
 - c. You're more efficient and more stressed
 - d. You're more likely to overeat
15. Oxytocin is the...
- a. Calm and connection hormone
 - b. Relaxation hormone
 - c. Hunger hormone
 - d. Sleep hormone