



the nutrition school

Cravings & Emotional Eating

Lesson 3 Quiz

1. How do you control cravings?
 - a. Never giving into them
 - b. Always giving into them
 - c. Giving into them, sometimes
2. What are cravings a combination of?
 - a. Nutritional deficiency
 - b. Environment and mood
 - c. Habits and behaviors
 - d. All of the above
3. Everyone has their own individual unique triggers that cause cravings.
 - a. True
 - b. False
4. There are two (2) types of controls. Name them.
 - a. Environmental and Behavioral Controls
 - b. Food Controls and Non-Food Controls
 - c. Cruise Control and Auto-pilot
 - d. Internal and External Controls
5. When do food controls apply?
 - a. When you are NOT hungry
 - b. When you are hungry
 - c. When you are NOT having a craving
 - d. When you are having a cocktail

6. Why are non-food controls important?
- a. Doing something that makes you feel good will help curb a craving
 - b. They keep you from eating when you are hungry
 - c. They help you keep your house clean
 - d. They make sure you eat only healthy foods
7. Eating around a craving is a good option because it helps satisfy you.
- a. True
 - b. False. It causes you to eat until you are satisfied, meaning you consume additional, unnecessary calories.
8. What is a conscious indulgence?
- a. Eating a brain food
 - b. Eating something unhealthy that you have always wanted to try
 - c. Pickles and potato chips
 - d. Feeding your craving in a mindful manner
9. Cravings aren't always about a certain food but a(n)...
- a. Temperature
 - b. Texture
 - c. Aroma
 - d. Messy fridge
10. Where does emotional eating arise from?
- a. Memories
 - b. Environments
 - c. Emotions
 - d. All of the above
11. What can you use to help build your defenses to cravings?
- a. Overeating
 - b. Chocolate
 - c. Proper eating throughout the day
 - d. Holding out for the next meal

12. What nutrient has been said to act as an antidepressant?

- a. Folate
- b. Omega-3s
- c. Vitamin C
- d. Vitamin B12

13. What foods can help with stress?

- a. Red peppers
- b. Kiwis
- c. Berries
- d. All of the above

14. What is a rich source of folate?

- a. Dairy
- b. Pineapple
- c. Legumes and dark greens
- d. Pistachios

15. What helps release serotonin?

- a. Complex carbohydrates
- b. Olive oil
- c. Tea
- d. Spinach