



the nutrition school

Vegetarian, Vegan, Raw, and Paleo Diets

Lesson 9 Quiz

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