

*Module 10, Lesson 12 Quiz:*

**Plant Based Athletes**

1. When you are working with plant-based athletes, it is very important to:
  - a. Never, ever suggest meat in their meal planning
  - b. Make sure all of the foods you recommend grow from the earth
  - c. **Clarify what plant-based means to them**
  - d. Brush up on common deficiencies linked to this diet
2. What is most important to plan for when you are working with a client who is thinking about going plant-based?
  - a. **Variety and meal prep time management**
  - b. Nutrient deficiencies and cost
  - c. Social support and access to foods
  - d. Medical issues and compliance
3. If your plant-based client is looking to improve his diet because he lives alone, has few cooking skills, and eats a lot of packaged foods. Something you could recommend is:
  - a. Get a chef to prepare his meals and snacks
  - b. **Suggest some high-quality heat and eat frozen and low prep meals**
  - c. Recommend cooking classes and give him shopping lists
  - d. Frequent restaurants that have healthful options for all of his meals
4. True or false. Plant-based eaters are at a disadvantage in maximizing their performance and do not perform as well as meat-eaters do.
  - a. True
  - b. **False**