

*Module 10, Lesson 5 Quiz:*  
**Nutrition During Training**

1. When you are exercising, your blood should be in your \_\_\_\_\_ delivering nutrients, oxygen, electrolytes, and hydration.
  - a. Gut
  - b. Muscles**
  - c. Internal organs
  - d. Skin
  
2. When might it be a good idea to recommend that your client have a snack during a workout?
  - a. If the workout is 60 minutes or longer
  - b. If the workout is 90 minutes or longer**
  - c. If the workout is 120 minutes or longer
  - d. If the workout is longer than 3 hours
  
3. Which is not a good idea to recommend as a snack during training?
  - a. Fruit leather
  - b. Banana
  - c. Applesauce pouch
  - d. Smoothie**