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## Module 11, Lesson 2 Quiz: Organic

1. When it comes to organic and the movement to grow as naturally as possible, the component that serves as the foundation to all of the organic work is:
  - a. The air
  - b. The water
  - c. **The soil**
  - d. The seeds
2. True or false. Organic foods are not significantly healthier than organic foods when it comes to comparing the nutrients.
  - a. **True**
  - b. False
3. It is recommended that conventional produce should be washed to remove residues from growing. If water does not do the trick to clean produce, a natural cleaning agent can be used, such as:
  - a. Ammonia
  - b. Soap
  - c. Salt
  - d. **Vinegar**
4. If you are counseling a client who is exploring whether they should prioritize organic eating in their nutrition and wellness work, it is essential that you:
  - a. Steer them in the direction of mostly organic
  - b. Offer education but never offer your opinion
  - c. **Meet them where they are at with empathy**
  - d. Teach them that they must avoid the dirty dozen at all costs