
Module 4, Lesson 8 Quiz:

Crohn's Disease

1. Crohn's is a serious form of irritable bowel disease or IBD, it is characterized by:
 - a. Damage at the very end of the GI tract, the colon, and small intestine
 - b. Damage at the top of the GI tract by the stomach and can even affect the esophagus
 - c. Deep tissue damage is found and many layers of the intestine are compromised
 - d. **A & C**

2. Crohn's disease has a geographical component to it. People are more likely to suffer from this disease in:
 - a. Rural areas
 - b. **Urban areas**
 - c. Suburban areas
 - d. Affluent areas

3. If your client is on a bowel rest diet to manage a Crohn's disease flare up, some good choices to keep nutrients from fruits and vegetables in are:
 - a. **Soups and strained green juices**
 - b. Oatmeal and fiber cereals
 - c. Smoothies and sorbet
 - d. Fruit and vegetable juices

4. Which is not a common food trigger for Crohn's disease?
 - a. Alcohol
 - b. Caffeine
 - c. Milk
 - d. **Herbal tea**

5. While we do not know why people develop Crohn's disease, there are three theories that are pretty strong regarding its origin. Which is not a leading theory on the origin of Crohn's?
- a. Infection
 - b. Genetics
 - c. Congenital disease
 - d. Autoimmune disease