



the nutrition school

The Nutritious Life Handbook

Lesson 11 Quiz

1. What roles do you need to take on when nutrition counseling to increase your likelihood of success?
 - a. Cheerleader
 - b. Life Coach
 - c. Therapist
 - d. All of the above
2. When working with clients, you must acknowledge who you are to yourself, and determine the type of _____ and the type of _____ you want to have with clients.
 - a. Tone, communication
 - b. Attitude, emotion
 - c. Energy, time
 - d. Emotion, energy
3. The most important thing you need to know when communicating with your client is...
 - a. How to communicate what you are going to say
 - b. What specific information you are going to give
 - c. When and in what form you are going to give the information
 - d. All of the above
4. _____ is key for a client to become successful, and _____ is essential to short term and long term success with changing diet, losing weight, maintaining weight loss, and improving health.
 - a. Accountability, consistency
 - b. Accountability, emailing
 - c. Communication, texting

- d. Accountability, eliminating boundaries
5. What is one of the best ways to keep your clients accountable?
- Calling every day
 - Food journal
 - Reprimanding
 - Giving them a cheat day
6. Why is a food journal useful for you to help your client?
- It helps you fill time during the session
 - It helps you count how many calories they are eating
 - It helps you better understand your client and the why behind what they ate
 - It helps you schedule upcoming sessions
7. When reviewing the indulgences on a client's food journal, what is the most important thing for you to understand?
- The why behind the indulgence
 - How many calories they indulged in
 - What parties they are going to
 - All of the above
8. When people don't write down what they ate, they underestimate how much they ate by...
- 25%
 - 50%
 - 75%
 - 90%
9. Maintain a relationship with your clients because you want them to use you as their health resource.
- True
 - False