

Module 10, Lesson 8 Quiz:

Injury & Recovery

1. If you have a client who is recovering from an injury, what is the first thing you should do, with regard to their meal plan?
 - a. Reduce portion sizes but keep the plan exactly the same
 - b. Adjust it by removing a snack but keep the meals the same
 - c. **Customize your recommendations, they may still be active**
 - d. Nothing. Their body needs consistency in their fuel.

2. Certain foods slow the healing process by contributing to inflammation. Which food category is not considered inflammatory?
 - a. Processed foods
 - b. Dairy
 - c. Saturated and trans saturated fats
 - d. **Whole grains**

3. One major thing to consider when your client is recovering from an injury is:
 - a. **Depression and mental health issues**
 - b. How to fill the time so they don't overeat
 - c. What will happen to their performance
 - d. Muscle and bone loss from being sedentary