

Module 13, Lesson 1 Quiz:

Willpower and Empowered Eating

1. Willpower gives all of the power to the _____, and sets people up to _____.
 - a. Positive, succeed
 - b. Universe, destiny
 - c. Negative, fail**
 - d. Client, win

2. Empowered eaters are successful for many reasons. A tool they may employ to improve their outcomes is:
 - a. Plan ahead
 - b. Look forward to what they can eat by practicing eating healthful foods in the right portions and proportions
 - c. Maintain steady blood glucose levels by eating regular healthy meals and snacks
 - d. All of the above**

3. It is helpful to empower clients to be healthful eaters by:
 - a. Sticking to what they know and not burdening them with new information
 - b. Coming up with new terminology**
 - c. Discussing the nature of free will
 - d. Giving them permission to make choices without outside input