

*Module 3, Lesson 2 Quiz:*  
**Nutrition & Cognition**

1. Controlling the risk factors for all of these may delay the onset or prevent the risk of Alzheimer's disease, except for:
  - a. Obesity
  - b. Cardiovascular disease
  - c. Diabetes
  - d. **Digestive disorders**
  
2. Scientists are looking at specific nutrients and finding some good evidence in brain health from things like antioxidants, omega-3's and nutrients. It is a good idea to:
  - a. Recommend all of your at risk clients take supplements
  - b. Recommend your clients avoid all supplements, even if they've been prescribed by a doctor
  - c. **Promote foods that are rich in brain protective nutrients**
  - d. Have your clients take a food frequency questionnaire to see how good or poor their nutrient intake is
  
3. What percentage of the calories we consume is used by the brain?
  - a. 10%
  - b. 15%
  - c. **20%**
  - d. 30%
  
4. What is the cornerstone of healthy cognition?
  - a. **Diet**
  - b. Exercise
  - c. Age
  - d. Stress management

5. This diet has been studied and found to have the best impact on brain health and cognition:
  - a. DASH diet
  - b. Mediterranean diet**
  - c. Keto
  - d. Whole 30