

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