

*Module 7, Lesson 2 Quiz:*

**Emotional Eating**

1. When do people usually lose the ability to intuitively eat when they are hungry and stop when they are full?
  - a. As babies
  - b. Early childhood**
  - c. Adolescence
  - d. We never have that ability
  
2. What is the first step in overcoming emotional eating in the person who struggles with using food for coping?
  - a. Identifying the feelings**
  - b. Validating the feelings
  - c. Taking action
  - d. Intervention in the environment
  
3. Once you identify the client's emotional triggers, you can suggest alternative coping interventions, such as:
  - a. Not eating food unless it is the time you prescribed
  - b. Forbidding food when the feeling that is the trigger is experienced
  - c. Baking and giving away the treat that was made
  - d. Alternative coping like going for a walk**
  
4. To identify what emotional triggers are causing a client to overeat, you may ask them to do this before their first bite.
  - a. Take 30 deep breaths before every meal or snack so they can feel calm
  - b. Ask themselves "why am I eating this?"**
  - c. Follow a strict meal plan so they can focus on the feelings, not the food
  - d. Call someone for support

5. True or False. Emotional eating is always a problem and there is never an OK time to use it in a healthy way.
- a. True
  - b. False**