

Module 8, Lesson 4 Quiz:

Female Fertility

1. We find that fat consumption is extremely important to look at when it comes to fertility. Which of the following is the best recommendation for a client who is looking to get pregnant?
 - a. 6 oz fortified almond milk
 - b. 6 oz full-fat yogurt**
 - c. 6 oz skim milk
 - d. 6 oz part skim mozzarella
2. True or false. If your client is eating a balanced diet, there is no need to make sure they are also taking their prenatal vitamins.
 - a. True
 - b. False**
3. Being active and maintaining a healthy BMI is linked to the best pregnancy outcomes. Which is most true about BMI and fertility?
 - a. A BMI below 20 is linked to best fertility outcomes
 - b. A BMI 20 - 24 is linked to best fertility outcomes**
 - c. A BMI over 25 is linked to best fertility outcomes
 - d. Little research has been performed in this area and more is needed
4. If you have successfully been working with a client, and she shares that she is looking to become pregnant, you should:
 - a. Write her a brand new meal plan
 - b. Take the meal plan that she is using and modify it with fertility recommendations**
 - c. Take no action until she is pregnant
 - d. Tell her to stick with what she's doing but take a prenatal vitamin as well