

## Eating Styles-Post Test

- 1) **Planning is an important part in helping one to reach their goal of healthy eating. Planning involve(s):**  
**(Check all that applies)**
  - a.  Making menus and grocery lists
  - b.  Deciding what to eat at the time that one is in a rush
  - c.  Deciding what one is going to eat prior to eating out
  - d.  Deciding what to do with leftovers at meals
- 2) **The 5 P's that support one in the goal of healthy eating are:**  
**(Check all that apply)**
  - a.  Proper place
  - b.  Proportionate
  - c.  Perfection
  - d.  Peaceful
- 3) **What percent of successful weight managers reported planning their food intake ahead of time helped them break the loss/regain diet cycle?**
  - a. 75%
  - b. 60%
  - c. 50%
  - d. 80%
- 4) **It is better to eat too much (gorging) of a healthy food than a junk food.**
  - a. True
  - b. False
- 5) **What makes having a peaceful environment conducive to good health?**
  - a) Peaceful environment allows one to slow down the pace of eating
  - b) Peaceful environment allows for one to relax and to savor the food when they eat, therefore not feeling rushed.
  - c) Peaceful environment will help one determine a comfortable level of fullness after a meal.
  - d) All of the above
  - e) None of the above
- 6) **If you eat fast, try to learn to slow down the pace of eating prior to surgery. Which of the following suggestions may help one avoid excessive caloric intake due to eating too fast?**  
**Choose the Best Answer**
  - a) Go ahead and take seconds, in order not to graze throughout the rest of the day.
  - b) Force yourself not to take seconds as you don't want the extra calories.
  - c) Wait 10 to 15 minutes prior to going back for seconds. If you are still hungry, try eating non-starchy vegetables.