

## **Eating Out Post-test:**

**1) Planning to eat healthier when eating out would include all of the following except:**

- a. Determine the number of calories that you have allotted for that meal.
- b. Plan what you will eat prior to going out to eat.
- c. Plan on choosing an appetizer such as nachos or potato skins when getting to the restaurant if you are really hungry.
- d. Determine the restaurant that you will go to prior to eating out.

**2) Strategies to use to help one avoid overeating when eating out would include:**

**Circle all that would apply:**

- a. Skipping either breakfast or lunch if the evening meal is the meal that you are planning to eat out.
- b. Plan your meal ahead of time in order not to have to look at the menu when it is offered.
- c. Ask for a take home box at the beginning of the meal, to remove one-half or more of the meal before eating.
- d. Take the edge off the hunger by having a low calorie snack prior to going out to eat. Example: baby carrots or apple

**3) Choose the healthier choice when eating out for both Question A & B: (There will be 2 answers)**

- a. Crispy Shrimp Lettuce Wrap or Shrimp Cocktail
- b. Bowl of chicken tortilla soup (broth-based soup) or 1 bowl of cream of tomato basil soup.

**4) Ways one could deal with the dinner rolls or chips that are brought to the table include all of the following except:**

- a. Ask for the waiter/waitress not to bring the chips or tortilla chips to the table.
- b. Ask the waiter to bring only one roll or a small bowl of chips to the table when they bring your food.
- c. Have the person that you are eating with choose an appetizer as they are concerned about the fact that you want to eat healthier.
- d. If there are others that want the rolls or chips at your table, then plan to sit as far from the appetizer as possible.

**5) Who is one that should be in control of what they eat when eating out?**

- a. The customer
- b. The waitress/waiter
- c. The restaurant
- d. Other members of your party