

MODULE 2 – TACKLE YOUR TRIGGERS

QUIZ

1. Which statement is incorrect regarding emotional eating?
 - A. Emotional eating takes a toll on your self-esteem.
 - B. Emotional eating is empowering.
 - C. The most effective way to give up a pleasurable habit is to find a substitute.
 - D. Getting sufficient sleep can help you deal more effectively with emotional eating.

2. Which of the following can be an environmental trigger and cause you to eat more?
- A. Walking into a movie theater
 - B. Turning on your favorite TV show
 - C. Holiday dinners
 - D. All of the above
3. How and when you eat matter almost as much as what you eat.
- A. True
 - B. False
4. Which technique(s) can help you control late night snacking?
- A. Getting up earlier
 - B. Brushing your teeth
 - C. Hiding the junk food
 - D. All of the above
5. Which statement is correct?

- A. Healthy, low-calorie eating means that you must stick with vegetables.
- B. Healthy, low-calorie eating requires long hours in the kitchen.
- C. Healthy, low-calorie eating can be quick and simple.
- D. Healthy, low-calorie eating means you have to give up desserts.

6. Which strategies help you fight hunger?

- A. Eating breakfast
- B. Eating potatoes
- C. Smelling strong-flavored foods, like garlic
- D. All of the above

7. Chewing gum usually encourages one to eat more.

- A. True
- B. False

8. Even easy eating strategies require some _____?

- A. Sleep
- B. Self-Control
- C. Fruit
- D. Self-Esteem

9. Which strategies can boost your willpower?

- A. Get plenty of sleep.
- B. Focus on one area of improvement at a time.
- C. Practice moderation.
- D. All of the above

10. Fitness involves both your body and mind.

- A. True
- B. False

ANSWER KEY

1. B
2. D
3. A
4. D
5. C
6. D
7. B
8. B
9. D
10. A