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 of a healthy food than a junk food item.
   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.
Application Activity:

The Eating Style Self-Assessment is designed to help you to identify Eating Styles that are hindering you in your journey to better health. Listed below are the various Eating Styles. Please check the Eating Styles that you find are problem areas for you.

- Emotional Eater  
- Social Eater  
- Unskilled Eater

If you found that you are a social eater, think back on situations in which you found yourself eating inappropriately in a social setting. Who was with you? Did they influence your thoughts or feelings before you started eating inappropriately?

Pick one of the eating events where you found yourself eating inappropriately and describe below: Then devise your plan on how to deal with social eating events/situations in the future.

<table>
<thead>
<tr>
<th>Describe the inappropriate eating episode.</th>
<th>Who was present and what was their influence?</th>
<th>What could I do differently?</th>
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If you found out that you are an emotional eater, think back on situations recently that you have eaten for emotional purposes not true hunger. What was the emotion driving that hunger? What could you do differently next time you experience emotional hunger?

Pick one of the eating episodes that you ate for emotional reasons and describe below. Then devise your plan on how to deal with emotional eating in the future.

<table>
<thead>
<tr>
<th>Describe the inappropriate eating episode.</th>
<th>Define the emotions driving the eating episode.</th>
<th>What did I do to deal with the emotional eating?</th>
<th>What could I do differently next time I experience this emotion instead of eat?</th>
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If you found out that you are on need to work on your eating skills. Describe the eating skill that you want to work on to promote a healthier life. Describe things that you will do in the future to work toward improving this eating skill.

<table>
<thead>
<tr>
<th>Describe the inappropriate eating skill.</th>
<th>How does this eating skill keep me from achieving my goal of weight loss?</th>
<th>What will I do differently to improve on this skill?</th>
<th>How will this help me achieve my weight loss goal and ultimately my health goals?</th>
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