Got Literature Right

Let's Test Your Understanding

Q1: What is the first indicator that the body experiences before start eating?

1. Moods
2. Hunger
3. Desires

Q2: Which process best describes the 3-click technology?

1. Hunger, Moods and desires
2. Hunger, Stress and energy
3. Food, depression and energy

Q3: Eating pattern; is a procedure that works with individual desires initiated from what we describes as food thought center in the brain

1. True
2. False

Q4: There are 2 types of mental eating desires:

1. Planned and disturbing
2. Random and disturbing
3. Planned and Random

Q5: DGT (Desire Gap Time) is an inactive period

1. From Time starts to eat to time finish eating
2. From time stops eating to time start eating again on a new meal event
3. All of the above

Q6:False hunger alert is defined as time pressure when the body accurately responds to energy levels but the mind loses concentration while forgetting to respond positively.

1. True
2. False

Q7: Busy schedule and stress are not factors that could make you forget or trace your eating pattern

1. True
2. False

Q8:Less input energy levels (demands) is when body energy levels are higher then you mostly feel to eat less food

1. True
2. False

Q9: There are 3 type's of Minimax-R cards pattern. Go max, Mini and R

1. True
2. False

Q10: There are two types of identified feelings that we experience: excitement and satisfaction

1. True
2. False