



Nutrition Interventions in the Treatment of Eating Disorders

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

1) Abundance eating is:

- a. When a client overplates their food and eats it all.
- b. Is when clients imagine themselves eating too much and getting too full.
- c. Is when a client puts a lot of food on their plate but doesn't eat it.
- d. Is when a client over plates themselves, eats to satisfaction, and then leaves food.

2) Taking a "second look" is

- a. A way for a client who restricts their intake to know if they want to eat the food or are hungry.
- b. When a client reads food labels to ensure they aren't overeating.
- c. When a client looks at themselves in the mirror in order to make sure they look okay.
- d. Away for a client to justify restricting their food intake.

3) A therapeutic food day is

- a. When a client talks to their therapist at the same time they are eating.
- b. When a client is served a binge food numerous times in a day.
- c. When a client eats food with a group of other people.
- d. Is when a client restricts their food intake throughout the day.

4) Plating yourself the way you would plate someone you love:

- a. Is a way for a client to see that they subconsciously restrict types of food.
- b. Is a way for a client to see that they don't love themselves.
- c. Is an experience with food that involves eating a large amount of food.
- d. Is a way to restrict the amount of food that the client eats.

5) A solo with food is:

- a. When a client goes grocery shopping by themselves.
- b. Is a way for a client to practice being alone with binge foods.
- c. When a client does an interpretive dance about food and eating.
- d. When a client hides what they are eating so that eating is in secret.

6) Mirrored Eating is:

- a. When a person sits in front of the mirror and eats.
- b. When a clinician goes out to eat with a client and eats how the client eats in order to give feedback to the client on sensations, taste, and feelings.
- c. When a client is alone in a room with binge foods.
- d. When a small mirror is used to reflect back to the client how they are eating.

7) Covert Behavior Rehearsal

- a. Is when a client repetitively imagines themselves eating and keeping food down until they are successful.
- b. Is when a client practices behaviors in a secretive way.
- c. Is when a client uses their imagination to do their behaviors
- d. Is when a client rehearses eating disorder behaviors

8) Asking for food outside of a clients mealplan is called:

- a. Bingeing
- b. Being greedy
- c. Asking for an extra
- d. Is an easy thing to do no matter which type of eating disorder the person has.

9) Eating in a challenging situation is

- a. When a client eats in a place or in a way that they avoided during their eating disorder
- b. Eating in every situation
- c. Eating with other eating disorder clients
- d. Eating certain types of foods that are challenging for them

10) An anchor food is

a. Heavy foods

b. A food that a person with ARFID feels safe eating so they always have something to eat

c. A food that is silver or gray

d. A food that is always available at a convenience store first