

# CN Practice Test Questions and Answers

## 1. Why is hydration important in a meal plan?

- A) To replace food intake
- B) To slow down metabolism
- C) To support digestion and metabolism
- D) To reduce protein absorption

## 2. Why is goal setting important in health coaching?

- A) To make coaching sessions longer
- B) To create unrealistic expectations
- C) To help clients track progress and stay motivated
- D) To ensure clients follow a rigid plan

## 3. What is relative energy deficiency in sport (RED-S)?

- A) A condition caused by eating too much before competition
- B) A syndrome of low energy availability impairing health and performance in athletes
- C) Dehydration during prolonged exercise
- D) Iron deficiency specific to female athletes

## 4. What is a key benefit of meal prepping in diet planning?

- A) Encourages eating larger portions
- B) Reduces the need for meal planning
- C) Helps with portion control and meal balance
- D) Eliminates the need for grocery shopping

**Answers: 1-C 2-C 3-B 4-C**

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