



## Test Questions and Evaluation

Instructions: In order to receive your CEU certificate via email, you must answer four of the five test questions correctly and complete the evaluation below. After completing this form email a copy to [info@savorpodcast.com](mailto:info@savorpodcast.com) and pay the \$10 CEU fee at [savorpodcast.com](http://savorpodcast.com). If you have any questions about receiving your CEU please email us!

### Episode: Intuitive Eating

Date \_\_\_\_\_

Instructors: Danielle Beck-Ellsworth, PsyD MFT, Kelly Hinds, RD LD

Name: \_\_\_\_\_

License Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Test Questions:** You must have a minimum of four correct in order to receive one CEU for listening to the episode.

Circle True or False to indicate your answer.

1. True or False: The intuitive eating approach is used exclusively for clients with eating disorders.
2. True or False: Some foods interfere with hunger/fullness cues & should be avoided.
3. True or False: Most everyone is born with the ability to regulate hunger/fullness cues.
4. True or False: The body is biologically driven to sweet foods.
5. True or False: A parent should regulate their child's intake & it is appropriate to reward with food/treats.

**Evaluation:** Please rate the presenters and episode using the following scale

**1-Poor 2-Fair 3-Good 4-Excellent**

The presenters demonstrated expertise in the topic. 1 2 3 4

The episode met the advertised objectives. 1 2 3 4

The information provided will be useful in my practice. 1 2 3 4

The content was interesting & added to my knowledge. 1 2 3 4

The resources on the Savor website were useful. 1 2 3 4

I would listen to another episode with these presenters again. Circle one of the following:

Yes                      Maybe                      No

I would listen to another CEU Savor Episode in the future. Circle one of the following:

Yes                      Maybe                      No

Topics I would like to learn more about include: \_\_\_\_\_

**Objectives:**

1. To introduce the principles of intuitive eating
2. To explore phases in life where natural hunger/fullness cues are disrupted
3. To explore the criticisms of/arguments against intuitive eating
4. To identify factors interfering with hunger/fullness cues
5. To determine who is appropriate and able to practice intuitive eating