

# Test Your Knowledge

## MODULE 5

The following exercise will help you understand cravings and aversions that you may experience during pregnancy and to find possible solutions.

**Select the option that matches the correct answer and validate your answer on the next page.**

**1. If I feel like eating chocolate, it is because my body needs it.**

- ☐ a) True
- ☐ b) False

**2. If I crave something that is good for me and my baby, I can go ahead and enjoy.**

- ☐ a) True
- ☐ b) False

**3. If I crave for less nutritious foods like chips, I can eat as much as I want.**

- ☐ a) True
- ☐ b) False

**4. If the smell of foods cooking makes you feel sick, the only solution is to avoid these foods.**

- ☐ a) True
- ☐ b) False

The answers are:

**1. b) False.** There is no physical reason that explains why we crave for certain foods during pregnancy. Nobody knows why this happens.

**2. a) True.** Just make sure that you leave room in your daily diet for other nutritious foods.

**3. b) False.** If you crave less nutritious foods like candies and chips, look for foods that are sweet or salty but also nourishing. For example, instead of eating candy, you could eat dried raisins, date squares, or muffins. Instead of chips, you could eat peanuts or salted almonds.

**4. b) False.** If the smell of food cooking makes you feel sick, get someone to prepare the food for you. When you eat food cold it has less of an odour.