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## Reinforcement

### SENSE AND NONSENSE *(continued)*

Sense	Nonsense	Statement
S	N	21. Consumer organizations can be helpful in providing information on certain health and fitness products.
S	N	22. Eating a strict diet of fruit and rice can provide good nutrition while helping you lose weight.
S	N	23. A good weight loss program should result in a loss of 4 to 6 pounds in the first week.
S	N	24. Most people must join a health club in order to maintain fitness.
S	N	25. If a person's only qualification is that he or she is a "registered dietitian," that person is more likely to be knowledgeable about nutrition than a person who is only a "nutritionist."

#### Rating Chart: Gullibility

Rating	Score (number of correct answers)
Quack buster	23-25
Quite sensible	20-22
Somewhat gullible	16-19
Gullible	0-15