EATRIGHTPREP DOMAIN 3 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. **How many 3-lb cases of bulk potato chips are needed to provide 1½ oz per person to 75 people?**

   A. 2

   B. 3

   C. 7

   D. 8

2. **Which statement describes the use of pasteurized eggs in dishes that may be served raw or undercooked?**

   A. Pasteurized eggs should be used whenever eggs will be served raw or undercooked

   B. Pasteurized eggs are unnecessary in any dish

   C. Pasteurized eggs are only for shellfish

   D. Pasteurized eggs are illegal in nursing homes

3. **Which action best supports sustainability in a foodservice operation?**

   A. Using Locally Grown Produce

   B. Increasing energy use by leaving lights on

   C. Using Non-Recycled Cardboard Boxes

   D. Importing food from distant sources

4. **Which lunch menu reflects proper menu planning principles related to visual presentation?**

   A. Steamed haddock, rice, roasted cauliflower, vanilla frozen yogurt with fresh pineapple

   B. Baked pork chop, sautéed broccoli, rice pilaf, vanilla frozen yogurt with strawberries

   C. Grilled chicken breast, mashed potatoes, steamed parsnips, lemon sorbet

   D. Meatballs, tiny whole potatoes, brussels sprouts, fresh bing cherries

5. **Which marketing channel distributor does not take title to goods and is paid a commission for negotiating between the buyer and seller?**

   A. Wholesaler

   B. Special breed delegate

   C. Broker

   D. Manufacturer's representative

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6. Which statement correctly describes which products are overseen by the FSIS?

A. FDA handles meat and poultry; FSIS handles seafood

B. FSIS handles meat, poultry, and egg products; FDA handles others

C. USDA handles all food safety

D. EPA handles food safety

7. How should CKD patients be managed with respect to protein at non-dialysis stages?

A. Protein restriction around 0.6-0.8 g/kg/day; adjust based on labs and stage; phosphorus and potassium management also considered.

B. High protein intake to 1.5-2 g/kg/day

C. Protein unrestricted

D. Protein target 3 g/kg/day

8. During the menu planning process, the first component of the menu that one should address is the choice of _____ to be offered.

A. entrees

B. side dishes

C. desserts

D. breakfast items

9. What is the purpose of developing a house/regular diet in a care facility?

A. To avoid imposing diet restrictions on older adults near the end of life

B. To liberalize diets and decrease the number of therapeutic diets required in a care facility

C. To adopt a standardized rotation of meals to serve to care facility residents

D. To formalize the dining structure to ensure all care facility residents can be fed efficiently

10. Which statement best describes interpreting albumin levels in the context of illness?

A. Albumin level directly reflects current protein intake.

B. Low albumin in illness always indicates malnutrition.

C. Albumin is a negative acute-phase reactant; low levels may reflect inflammation rather than nutrition.

D. Albumin levels are not influenced by inflammation.

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Answers

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1. B
2. A
3. A
4. B
5. C
6. B
7. A
8. A
9. B
10. C

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Explanations

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1. How many 3-lb cases of bulk potato chips are needed to provide 1½ oz per person to 75 people?

A. 2

B. 3

C. 7

D. 8

Distributing a fixed amount per person requires total volume. Multiply the per-person amount by the number of people: 1.5 oz × 75 = 112.5 oz needed. Each 3-lb case equals 3 × 16 = 48 oz. So the number of cases needed is 112.5 ÷ 48 ≈ 2.34. Since you can't buy a fraction of a case, you must round up to the next whole case, which is 3 cases. Three cases provide 144 oz, meeting and exceeding the 112.5 oz requirement. If you used only two cases (96 oz), you'd be short by 16.5 oz.

2. Which statement describes the use of pasteurized eggs in dishes that may be served raw or undercooked?

A. Pasteurized eggs should be used whenever eggs will be served raw or undercooked

B. Pasteurized eggs are unnecessary in any dish

C. Pasteurized eggs are only for shellfish

D. Pasteurized eggs are illegal in nursing homes

Using pasteurized eggs in dishes that may be served raw or undercooked reduces the risk of Salmonella. Pasteurized eggs have been gently heat-treated to destroy bacteria while still behaving like regular eggs in recipes, so they can be used safely in uncooked or lightly cooked preparations such as dressings, sauces, or mousses. This is especially important for people at higher risk of illness, like pregnant individuals, young children, older adults, or anyone with a weakened immune system. The other statements aren't accurate: pasteurized eggs aren't unnecessary in all dishes, they aren't exclusive to shellfish, and they aren't universally illegal in nursing homes—the intended practice is to use pasteurized eggs whenever raw or undercooked eggs are involved to protect safety.

3. Which action best supports sustainability in a foodservice operation?

A. Using Locally Grown Produce

B. Increasing energy use by leaving lights on

C. Using Non-Recycled Cardboard Boxes

D. Importing food from distant sources

Choosing locally grown produce best supports sustainability because it reduces transportation energy and emissions, helping to shrink the carbon footprint of the operation. Shorter supply chains often mean fresher ingredients, less handling, and, in many cases, less packaging and waste. Supporting local growers also strengthens the local economy, which aligns with the social and economic aspects of sustainability, while keeping environmental impact lower overall. In contrast, leaving lights on to boost energy use wastes electricity and increases the operation's carbon footprint. Using non-recycled cardboard boxes adds to waste and requires virgin materials. Importing food from distant sources typically raises transport emissions and can lead to greater spoilage risk and packaging waste.

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4. Which lunch menu reflects proper menu planning principles related to visual presentation?

A. Steamed haddock, rice, roasted cauliflower, vanilla frozen yogurt with fresh pineapple

B. Baked pork chop, sautéed broccoli, rice pilaf, vanilla frozen yogurt with strawberries

C. Grilled chicken breast, mashed potatoes, steamed parsnips, lemon sorbet

D. Meatballs, tiny whole potatoes, brussels sprouts, fresh bing cherries

Visual presentation on a menu is enhanced by color variety, contrast, and a balance of textures across the plate. The plate that uses a lean protein (pork chop) with a bright green vegetable (broccoli), a separate starch (rice pilaf), and a dessert that adds both a creamy element and a pop of red fruit (vanilla frozen yogurt with strawberries) creates multiple colors and textures that look appealing together. The green, brown, pale, and red tones—plus the mix of tender meat, crisp broccoli, fluffy rice, and creamy-trozen dessert with fruit—make the plate visually interesting and appetizing. This contrasts with menus that rely on similar light colors or lack fruit accents, which can look less inviting or dull.

5. Which marketing channel distributor does not take title to goods and is paid a commission for negotiating between the buyer and seller?

A. Wholesaler

B. Special breed delegate

C. Broker

D. Manufacturer's representative

A broker is the intermediary who brings buyers and sellers together, negotiates terms, and gets paid a commission for facilitating the deal. They do not take ownership or title to the goods, so they don't handle inventory or assume product risk. This combination—no title transfer and earning a commission for negotiating—defines the broker's role in marketing channels. Wholesalers buy and take title to goods to resell, so they don't fit. A manufacturer's representative sells on behalf of a specific manufacturer and may earn commissions, but their primary function is representing a manufacturer's line rather than acting purely as a neutral matchmaker between buyers and sellers. The term that doesn't describe the standard broker role is the unusual or nonstandard option.

6. Which statement correctly describes which products are overseen by the FSIS?

A. FDA handles meat and poultry; FSIS handles seafood

B. FSIS handles meat, poultry, and egg products; FDA handles others

C. USDA handles all food safety

D. EPA handles food safety

The main idea is understanding which federal agency oversees which foods. The FSIS, a part of the USDA, is responsible for inspecting and regulating meat, poultry, and egg products. The FDA handles all other foods, including seafood, dairy, produce, and processed foods. That's why the correct statement says FSIS oversees meat, poultry, and egg products while the FDA handles the rest. This division exists because meat and poultry processing require ongoing federal inspection and strict controls, whereas the FDA administers safety standards for the broader range of foods. The other options misplace responsibilities (for example, assigning meat and poultry to the FDA or saying USDA or EPA alone handles all food safety), which doesn't align with how these agencies share duties.

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7. How should CKD patients be managed with respect to protein at non-dialysis stages?

A. Protein restriction around 0.6-0.8 g/kg/day; adjust based on labs and stage; phosphorus and potassium management also considered.

B. High protein intake to 1.5-2 g/kg/day

C. Protein unrestricted

D. Protein target 3 g/kg/day

In non-dialysis CKD, the aim is to limit the kidneys' workload from protein while still preventing malnutrition. A typical target is about 0.6–0.8 g of protein per kilogram of body weight each day, with adjustments based on the CKD stage and lab markers such as albumin, phosphorus, and potassium. Since many protein foods bring higher phosphorus and potassium, this plan is paired with careful monitoring and, when needed, dietary choices that help manage those electrolytes and minerals. Higher protein intakes, like 1.5–2 g/kg/day, would increase nitrogenous waste and the burden on the kidneys, which is not desirable in non-dialysis CKD. Very high or unrestricted protein targets (for example, around 3 g/kg/day) would risk worsening uremia and electrolyte disturbances. The approach should also ensure adequate energy intake to prevent protein-energy wasting, tailoring to the individual's nutritional status and disease progression.

8. During the menu planning process, the first component of the menu that one should address is the choice of _____ to be offered.

A. entrees

B. side dishes

C. desserts

D. breakfast items

The main concept here is that the entree anchors the menu planning because the main dish sets the protein, flavor direction, portion size, and cost for the meal. Once the entree is chosen, the rest of the menu can be built to complement it, ensuring the meal has a cohesive nutritional balance and appealing variety. Sides, starches, salads, and desserts are selected to support and enhance the entree while staying within budget and dietary guidelines. Breakfast items, if applicable, follow a separate plan focused on morning meals. Starting with the entree keeps the entire menu aligned and feasible, rather than letting secondary items drive decisions that might limit nutrition goals or overall balance.

9. What is the purpose of developing a house/regular diet in a care facility?

A. To avoid imposing diet restrictions on older adults near the end of life

B. To liberalize diets and decrease the number of therapeutic diets required in a care facility

C. To adopt a standardized rotation of meals to serve to care facility residents

D. To formalize the dining structure to ensure all care facility residents can be fed efficiently

Developing a house/regular diet establishes a baseline that is nutritionally adequate for most residents and serves as the default menu in a care facility. This approach liberalizes what's offered, giving residents a wider range of foods to choose from while reducing the number of separate therapeutic diets the kitchen must prepare. With a solid regular diet in place, only residents with specific medical needs require individualized modifications, making meal planning more straightforward, cost-effective, and consistent in quality. The goal isn't about end-of-life restrictions, meal rotation, or feeding efficiency alone, but about providing a flexible, comprehensive regular diet as the foundation and reserving therapeutic diets for those who truly need them.

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10. Which statement best describes interpreting albumin levels in the context of illness?

A. Albumin level directly reflects current protein intake.

B. Low albumin in illness always indicates malnutrition.

C. Albumin is a negative acute-phase reactant; low levels may reflect inflammation rather than nutrition.

D. Albumin levels are not influenced by inflammation.

Albumin levels during illness are best understood as an indicator of inflammation rather than a direct measure of current protein intake. Albumin is a negative acute-phase reactant produced by the liver; when inflammation is present, inflammatory cytokines downregulate albumin synthesis while elevating other acute-phase proteins, so the level drops even if dietary protein intake is adequate. Additionally, albumin has a relatively long half-life, so it responds slowly to changes in nutrition and can be influenced by fluid shifts and vascular permeability seen in illness. Because of these factors, a low albumin in the context of illness often reflects inflammation rather than malnutrition. In practice, interpret albumin alongside inflammatory markers like CRP and other clinical indicators, rather than as a solitary measure of nutritional status.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://eatrightprepdomain3.examzify.com

We wish you the very best on your exam journey. You've got this!

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