NDLE COMMUNITY AND PUBLIC HEALTH NUTRITION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What type of research is conducted to respond to questions about the nature of a phenomenon based on a respondent's perceptions or answers?

A. process

B. qualitative

C. mixed

D. quantitative

2. What is the IBW (in grams) of a 9-month old infant with a birthweight of 6 kgs?

A. 8500

B. 10500

C. 7500

D. 6500

3. RA 8435 is the act known as what?

A. The Agricultural Reform Act of 1985

B. The Agriculture and Rural Development Act

C. The Agriculture and Fisheries Modernization Act of 1997

D. The Fisheries Modernization Act

4. According to WHO and UNICEF, when should breastfeeding be initiated after birth and for how long should exclusive breastfeeding continue?

A. Within the first hour of birth and exclusive for 6 months.

B. Within the first day of birth and exclusive for 4 months.

C. Within the first 3 hours after birth and exclusive for 7 months.

D. Within the first week of birth and exclusive for 5 months.

5. What is the additional daily energy requirement for lactating mothers?

A. 100

B. 300

C. 500

D. 200

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6. What is the purpose of a nutrition diagnosis?

A. Identify the problem that can be resolved through intervention

B. Know the feelings and emotions of the individual

C. Determine the best quality of test

D. Identify the person's lifestyle

7. Which DOH facility is in charge of overseeing the implementation of the NCP guidelines based on its mandate in providing technical assistance to hospitals?

A. Policy Bureau

B. Health Facility Development Bureau

C. Private and Public Hospital Facilities

D. Facility for Health and Development

8. In the PPAN vision, by 2040, no one is which?

A. poor

B. left behind

C. ill

D. healthy

9. What weight defines very low birth weight in infants?

A. 2000 to 2500 grams

B. 1900 to 2000 grams

C. ≤ 1500 grams

D. 1900 to 2500 grams

10. In the NCP guidelines, which hospital personnel is in charge of discussing nutrient-drug interactions with the RND?

A. Nurse

B. Medical Doctor

C. Social Worker

D. Pharmacist

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Answers

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

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Explanations

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1. What type of research is conducted to respond to questions about the nature of a phenomenon based on a respondent's perceptions or answers?

A. process

B. qualitative

C. mixed

D. quantitative

Understanding how people perceive and experience a phenomenon, and what that means to them, is the aim of qualitative research. It focuses on exploring meanings, feelings, and interpretations rather than counting or measuring things with numbers. Data come from open-ended sources like in-depth interviews, conversations, and observations, which allow you to capture rich, contextual insights into how a phenomenon is lived and understood by respondents. This fits the prompt because it asks for what type of research investigates the nature of a phenomenon based on respondents' perceptions or answers, emphasizing depth and subjectivity over numerical measurement. Quantitative research would focus on numerical data and statistical analysis to describe or test hypotheses, not on the nuanced meanings people express. Mixed methods combines qualitative and quantitative approaches, which isn't the specific single focus described in the question. Process, while related to how a study is conducted or how interventions are implemented, isn't the core aim described here, which is understanding perceptions about the phenomenon itself.

2. What is the IBW (in grams) of a 9-month old infant with a birthweight of 6 kgs?

A. 8500

B. 10500

C. 7500

D. 6500

Infants gain weight steadily in the first year, and a common way to estimate IBW is to add a fixed monthly gain to the birth weight. A widely used estimate is about 0.5 kg (500 g) per month for the early months of life. For a 9-month-old, that means 9 × 0.5 kg = 4.5 kg of weight gain since birth. With a birthweight of 6 kg, the estimated IBW is 6 kg + 4.5 kg = 10.5 kg, which is 10,500 g. Hence, the best estimate is 10,500 g.

3. RA 8435 is the act known as what?

A. The Agricultural Reform Act of 1985

B. The Agriculture and Rural Development Act

C. The Agriculture and Fisheries Modernization Act of 1997

D. The Fisheries Modernization Act

RA 8435 is the Agriculture and Fisheries Modernization Act of 1997. This law provides the framework to modernize both the agriculture and the fisheries sectors, aiming to raise productivity, incomes, and competitiveness while promoting sustainable resource use. It lays out modernization programs, policy reforms, and support mechanisms—financing, research, extension, and infrastructure—to help farmers and fishers improve their livelihoods and contribute to national food security. The official and widely used name of the act is Agriculture and Fisheries Modernization Act of 1997, which is why that option is the correct choice. The other titles do not correspond to the familiar or official designation of this legislation.

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4. According to WHO and UNICEF, when should breastfeeding be initiated after birth and for how long should exclusive breastfeeding continue?

A. Within the first hour of birth and exclusive for 6 months.

B. Within the first day of birth and exclusive for 4 months.

C. Within the first 3 hours after birth and exclusive for 7 months.

D. Within the first week of birth and exclusive for 5 months.

Initiating breastfeeding as soon as possible after birth helps establish a healthy milk supply and ensures the newborn gets colostrum, a nutrient-rich first milk that supports immunity and transitions to regular feeding. Exclusive breastfeeding for six months means the infant receives only breast milk—no other foods or liquids, not even water—during the first six months. This period provides optimal protection against infections, supports growth, and lays a strong foundation for long-term health. After six months, safe complementary foods can be introduced while continuing to breastfeed for as long as possible, up to two years or beyond. The other options imply different timing or durations that don't align with WHO and UNICEF guidelines, which is why they're not correct.

5. What is the additional daily energy requirement for lactating mothers?

A. 100

B. 300

C. 500

D. 200

Lactation raises energy needs because making breast milk requires extra calories beyond a regular diet. On average, producing about 750 mL of milk daily provides roughly 480 kcal, and there are additional metabolic costs for milk synthesis and supporting the mammary glands. When you add these together, the extra daily energy requirement is about 500 kcal. This helps sustain milk production while keeping the mother's energy balance in check. Smaller amounts like 100, 200, or 300 kcal don't meet the energy cost of lactation.

6. What is the purpose of a nutrition diagnosis?

A. Identify the problem that can be resolved through intervention

B. Know the feelings and emotions of the individual

C. Determine the best quality of test

D. Identify the person's lifestyle

The purpose of a nutrition diagnosis is to identify a nutrition problem that can be resolved or improved through nutrition intervention. This focuses on labeling a nutrition-related issue that dietitians or nutrition professionals are equipped to treat with targeted actions such as dietary changes, counseling, supplementation, or feeding strategies. It guides the planning of interventions and expected outcomes, and communicates the specific problem to other providers involved in care. Emotional state isn't the nutrition diagnosis; those aspects belong more to counseling or psychosocial assessment. Determining the quality of a test isn't the role of the diagnosis either. Identifying lifestyle factors is part of understanding the situation and etiology, but the diagnosis itself centers on a nutrition problem that can be addressed through nutrition care.

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7. Which DOH facility is in charge of overseeing the implementation of the NCP guidelines based on its mandate in providing technical assistance to hospitals?

A. Policy Bureau

B. Health Facility Development Bureau

C. Private and Public Hospital Facilities

D. Facility for Health and Development

This item tests which official DOH unit is responsible for guiding and supporting hospitals as they put guidelines into practice. The Health Facility Development Bureau is the one whose mandate centers on building and improving health facilities, including providing technical assistance to hospitals. That makes it the right fit to oversee the implementation of NCP guidelines in hospital settings, ensuring facilities meet standards and staff receive the needed guidance to apply the guidelines effectively. The other options don't fit as neatly. The Policy Bureau focuses on shaping overarching policies rather than direct hospital-level technical support. The label Private and Public Hospital Facilities suggests a registry or regulatory function rather than a development-and-support role. The Facility for Health and Development sounds plausible but lacks the clear, explicit mandate to provide hospital-level technical assistance and oversee guideline implementation.

8. In the PPAN vision, by 2040, no one is which?

A. poor

B. left behind

C. ill

D. healthy

The vision hinges on removing a fundamental barrier to nutrition security: poverty. By aiming for no one to be poor, the plan links economic access directly to the ability to obtain sufficient, nutritious food and essential health services. Poverty is the primary driver that limits people's ability to improve their nutritional status, so targeting its elimination creates a clear, measurable path toward better health outcomes for all. The other ideas—being left behind, being ill, or being healthy—don't pinpoint the same overarching objective in the PPAN vision. "Left behind" is about inclusion but isn't the explicit target in the vision statement; "ill" would imply eradicating disease rather than addressing how poverty affects nutrition; "healthy" is a desirable end state but not the stated goal of the PPAN vision by 2040.

9. What weight defines very low birth weight in infants?

A. 2000 to 2500 grams

B. 1900 to 2000 grams

C. ≤ 1500 grams

D. 1900 to 2500 grams

Very low birth weight is defined by a birth weight of 1500 grams or less. This cutoff matters because infants born at or below this weight have markedly higher risks of mortality and serious health complications, reflecting the immaturity of organ systems and the challenges of supporting growth outside the womb. It sits within the broader low birth weight category (under 2500 g), which includes heavier babies that still fall under 2.5 kg but do not reach the very low threshold. There's an even smaller subset called extremely low birth weight (under 1000 g), which carries even greater risk. So the defining line for very low birth weight is 1500 g or less.

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10. In the NCP guidelines, which hospital personnel is in charge of discussing nutrient-drug interactions with the RND?

A. Nurse

B. Medical Doctor

C. Social Worker

D. Pharmacist

Understanding nutrient-drug interactions relies on knowing how foods, minerals, and feeding formulas can affect a medication's absorption, metabolism, and action. The pharmacist is the best person to lead this discussion with the registered nutritionist-dietitian because they specialize in medications and their safety, including how drugs interact with nutrients and with enteral or parenteral nutrition. The RND handles the nutrition plan and monitoring, while the pharmacist ensures that the drug therapy remains safe and effective in the context of that nutrition plan. They identify potential interactions, suggest practical adjustments such as timing drug administration around meals or feeds, and advise on nutrient supplementation or dietary changes that could alter drug effectiveness or risk of adverse effects. This collaborative approach protects the patient from reduced efficacy or increased toxicity while nutrition care proceeds smoothly. For example, if a patient on a drug that is affected by gut contents is receiving tube feeds, the pharmacist would evaluate the interaction and coordinate with the RND to adjust feed timing or choose an alternative approach to preserve drug absorption. Similarly, if a medication's effect is influenced by vitamin K intake, the pharmacist would work with the RND to maintain a stable dietary plan while monitoring the drug response.

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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://ndlecommpublichealthnut.examzify.com

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

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