NIGHTINGALE NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nightingalenut.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What is the term that describes the physical changes that take place in a protein when exposed to abnormal environmental conditions?

A. Hydrolysis

B. Gelatinization

C. Denaturation

D. Oxidation

2. Which nutrient deficiency is commonly associated with vegetarian diets?

A. Vitamin D deficiency

B. Iron deficiency anemia

C. Calcium deficiency

D. Iodine deficiency

3. Which vitamins have antioxidant activity?

A. Vitamins A and D

B. Vitamins C and E

C. Vitamins K and B

D. Vitamins B6 and C

4. If a person consumes 2000 kcal per day, what is the AMDR-based daily protein range in grams?

A. 20-60 g

B. 4-20 g

C. 50-175 g

D. 200-300 g

5. What body part uses iodine to maintain normal function?

A. Pituitary

B. Pancreas

C. Thyroid

D. Adrenal

SAMPLE

6. Which vitamins are fat-soluble?

A. Vitamins K, E, and D

B. Vitamins A, C, and B

C. Vitamins B, C, and D

D. Vitamins D, E, and K

7. Barbie is a vegan. Which of the following foods does she eat?

A. Beef

B. Beans

C. Eggs

D. Milk

8. Diets that lack niacin can lead to pellagra.

A. Vitamin C

B. Vitamin D

C. Beriberi

D. Pellagra

9. Which statement is true?

A. Healthy adults have the highest risk of food-borne illness.

B. Only elderly people have high risk.

C. Children over 10 have the highest risk.

D. Pregnant women, very young children, and people who have weakened immune systems have high risk of food-borne illness.

10. The agency that evaluates all food pesticides via a four-part risk assessment is the

A. EPA

B. FDA

C. USDA

D. CDC

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the term that describes the physical changes that take place in a protein when exposed to abnormal environmental conditions?

A. Hydrolysis

B. Gelatinization

C. Denaturation

D. Oxidation

Denaturation is the process where a protein loses its normal three-dimensional shape when exposed to abnormal environmental conditions. This unfolding disrupts the noncovalent forces and some disulfide bonds that stabilize the protein's secondary, tertiary, and quaternary structure, so the protein's function often changes or is lost. Importantly, the amino acid sequence—the primary structure—remains intact, so only the shape and resulting properties are altered. This is why heat, acids, bases, or detergents can cause a liquid to curdle, an egg white to firm, or a protein solution to precipitate, without breaking the peptide bonds themselves. In contrast, hydrolysis would cleave those peptide bonds and change the primary structure; gelatinization relates to starch; and oxidation involves chemical modification of side chains, not the general physical unfolding described here.

2. Which nutrient deficiency is commonly associated with vegetarian diets?

A. Vitamin D deficiency

B. Iron deficiency anemia

C. Calcium deficiency

D. Iodine deficiency

The nutrient deficiency most commonly associated with vegetarian diets is iron deficiency anemia. This shows up because the iron in plant foods is non-heme iron, which is not absorbed as efficiently as the heme iron found in animal products. Absorption can be further hindered by compounds in plants such as phytates and polyphenols, and by calcium-containing foods or supplements consumed with meals. As a result, even when intake seems adequate, iron stores can be low, especially in groups with higher needs like menstruating individuals, pregnant people, and growing children. To reduce risk, include iron-rich plant foods (lentils, beans, tofu, tempeh, fortified cereals, quinoa, leafy greens, seeds) and pair them with vitamin C–rich foods (citrus, tomatoes, peppers) to boost absorption. Also consider techniques that lower absorption inhibitors (soaking, fermenting legumes) and spread iron-containing foods throughout the day; if needed, fortified foods or supplements should be discussed with a clinician, particularly for at-risk groups. Vitamin D deficiency can occur with limited sun exposure or not using fortified foods, but isn't uniquely tied to vegetarian diets. Calcium deficiency is possible if dairy or fortified alternatives are avoided, but many vegetarians consume fortified products. Iodine deficiency depends more on salt iodization and seafood intake than on diet pattern alone.

3. Which vitamins have antioxidant activity?

A. Vitamins A and D

B. Vitamins C and E

C. Vitamins K and B

D. Vitamins B6 and C

Antioxidants protect cells by neutralizing free radicals and reactive oxygen species. Vitamin C is a water-soluble antioxidant that donates electrons to stabilize free radicals and can also regenerate the oxidized form of vitamin E, helping sustain antioxidant protection. Vitamin E is fat-soluble and resides in cell membranes, where it interrupts lipid peroxidation and protects membrane integrity. The other vitamins listed are essential for other functions—A supports vision and immunity, D for bone metabolism, K for blood clotting, and the B vitamins mainly act as coenzymes in energy metabolism—so they aren't classified as antioxidants in the same sense. Thus, vitamins C and E are the ones with clear antioxidant activity.

SAMPLE

4. If a person consumes 2000 kcal per day, what is the AMDR-based daily protein range in grams?

A. 20-60 g

B. 4-20 g

C. 50-175 g

D. 200-300 g

Protein AMDR is 10–35% of total daily energy. With a 2000 kcal diet, that's 200 kcal from protein at the low end and 700 kcal from protein at the high end. Since protein provides about 4 kcal per gram, 200 kcal corresponds to 50 g and 700 kcal corresponds to 175 g. So the AMDR-based daily protein range for 2000 kcal is 50–175 g. The other options fall outside this range, either below the 10% minimum or above the 35% maximum.

5. What body part uses iodine to maintain normal function?

A. Pituitary

B. Pancreas

C. Thyroid

D. Adrenal

Iodine is essential for making thyroid hormones. The thyroid gland takes up iodine and uses it to build T3 and T4, hormones that set the body's metabolic rate, support growth and development, and help regulate temperature and energy use. Without enough iodine, thyroid hormone production drops, leading to hypothyroidism and potential goiter as the gland struggles to compensate. The other glands listed—pituitary, pancreas, and adrenal—rely on different nutrients and signals and do not require iodine to function. So, the body part that uses iodine to maintain normal function is the thyroid gland.

6. Which vitamins are fat-soluble?

A. Vitamins K, E, and D

B. Vitamins A, C, and B

C. Vitamins B, C, and D

D. Vitamins D, E, and K

Fat-soluble vitamins dissolve in fat, are absorbed with dietary fat, and can be stored in the liver and body's fat tissue. There are four fat-soluble vitamins: A, D, E, and K. Because of this, any group that contains only those vitamins fits the fat-soluble category. The trio of K, E, and D are three of the four fat-soluble vitamins, which is why this set aligns with the concept. The other options include water-soluble vitamins like C and B, which are not stored in the same way and are not fat-soluble.

SAMPLE

7. Barbie is a vegan. Which of the following foods does she eat?

A. Beef

B. Beans

C. Eggs

D. Milk

Vegan diets exclude all animal-derived foods, so Barbie wouldn't eat beef, eggs, or milk. Beans are plant-based and fit a vegan pattern, providing protein and fiber without involving animals. That alignment with a vegan diet makes beans the option Barbie would eat.

8. Diets that lack niacin can lead to pellagra.

A. Vitamin C

B. Vitamin D

C. Beriberi

D. Pellagra

Niacin (vitamin B3) is essential for energy metabolism and the health of skin, nerves, and the digestive system. When a diet is deficient in niacin, pellagra can develop, historically marked by the dermatitis, diarrhea, and dementia that define it, and can be fatal if not treated. So the statement that diets lacking niacin can lead to pellagra directly links the nutrient deficiency to the disease it causes, making it the best choice. Vitamins C and D are linked to different conditions—scurvy from vitamin C deficiency and bone disorders like rickets or osteomalacia from vitamin D deficiency—while beriberi results from thiamine (vitamin B1) deficiency. These do not arise from lacking niacin, so they don't fit the scenario.

9. Which statement is true?

A. Healthy adults have the highest risk of food-borne illness.

B. Only elderly people have high risk.

C. Children over 10 have the highest risk.

D. Pregnant women, very young children, and people who have weakened immune systems have high risk of food-borne illness.

Susceptibility to food-borne illness is greatest in people whose immune defenses are reduced or whose physiology makes infections more dangerous. Pregnant women, very young children, and people with weakened immune systems fit this profile because their bodies are less able to fight off pathogens or because certain infections pose greater risks to them. For example, pregnancy can make certain infections like Listeria more dangerous to the fetus, infants have immature immune systems, and immunocompromised individuals are more likely to develop severe or invasive disease. Healthy adults typically have stronger defenses, so they are not in the high-risk category. Therefore, listing these specific groups reflects who is most at risk.

SAMPLE

10. The agency that evaluates all food pesticides via a four-part risk assessment is the

A. EPA

B. FDA

C. USDA

D. CDC

The key idea is knowing which agency performs the formal risk assessment for pesticides in foods. The four-part risk assessment—hazard identification, dose–response assessment, exposure assessment, and risk characterization—is the framework used to evaluate pesticide safety before residues are allowed in the food supply. This process is conducted by the Environmental Protection Agency. Under laws like FIFRA and the Food Quality Protection Act, the EPA evaluates potential adverse effects, relates those effects to different exposure levels, estimates how much of the pesticide people might ingest, and then characterizes the overall risk to public health. The FDA enforces EPA-established residue tolerances and monitors foods for compliance, but the risk assessment itself is EPA's responsibility. USDA and CDC have other roles in food safety and public health, but the agency that conducts the four-part evaluation is the EPA.

SAMPLE

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://nightingalenut.examzify.com

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

SAMPLE