NORTH CAROLINA FAST FOOD AND NUTRITION SERVICES LEVEL 1 PRACTICE EXAM (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. Which form(s) must be used to notify a FNS unit of a decrease in benefits?

A. DSS-8562

B. DSS-8553

C. DSS-8550 and DSS-8562

D. DSS-8560

2. Who would be considered an ineligible student under FNS policy?

A. A 21-year-old attending college half time and not working

B. An 18-year-old attending school for GED

C. A 50-year-old attending school half time and not working

D. A 35-year-old attending school full-time and participating in a work study program

3. When will a change in benefits be effective if reported timely on February 8th?

A. February 15th

B. March 1st

C. April 1st

D. May 1st

4. Whose identity is mandatory to verify at application?

A. Only the spouse

B. Dependent children

C. Head of Household only

D. Any adult in the household

5. What state form must be provided to ABAWDS and Potential ABAWDS to inform them of FNS work requirements?

A. DSS-8640

B. DSS-8504

C. DSS-7924

D. DSS-9105

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6. Which type of expenses can the FNS unit receive deductions for?

A. Only paid expenses

B. Only incurred expenses

C. Expenses that are incurred or billed

D. Only recurring expenses

7. Eligibility for individuals disqualified for certain felony charges is subject to what condition?

A. State residency

B. Completion of treatment

C. Time elapsed since conviction

D. Both B and C

8. What income will be counted for a client starting a new job at Linens 'n' Things based on the provided hourly wage?

A. $350.05

B. $375.00

C. $340.00

D. $345.00

9. Which of the following denotes a reason to deny an application if found ineligibility?

A. Employment status

B. Misreported income

C. Household statement

D. Application completeness

10. What must an individual do to dispute a denial of benefits?

A. Submit a written statement to the office

B. Request a fair hearing

C. Contact a state representative

D. Provide documents proving income

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Answers

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

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Explanations

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1. Which form(s) must be used to notify a FNS unit of a decrease in benefits?

A. DSS-8562

B. DSS-8553

C. DSS-8550 and DSS-8562

D. DSS-8560

The correct form to notify a Food and Nutrition Services (FNS) unit of a decrease in benefits is the DSS-8553. This form is specifically designed for reporting changes regarding individuals enrolled in the FNS program, which includes changes in benefits. Utilizing the DSS-8553 ensures that the notification process is streamlined and that the FNS unit receives accurate and timely information regarding any adjustments to a recipient's benefits. By doing so, it helps maintain compliance with regulations and supports efficient program management. Other forms listed may serve different purposes related to the FNS system, but they are not specifically designated for reporting decreases in benefits as the DSS-8553 is. Each form has its unique role within the FNS framework, focusing on various aspects of program management or client reporting but not specifically for the decline in benefits.

2. Who would be considered an ineligible student under FNS policy?

A. A 21-year-old attending college half time and not working

B. An 18-year-old attending school for GED

C. A 50-year-old attending school half time and not working

D. A 35-year-old attending school full-time and participating in a work study program

An ineligible student under FNS (Food and Nutrition Services) policy must usually meet certain criteria regarding age and school enrollment status. The correct answer indicates a scenario where a student does not fit these requirements. Specifically, a 21-year-old attending college half-time and not working would be considered ineligible primarily because, under FNS policy, individuals over the age of 20 who are not enrolled full-time or engaged in employment may not qualify for certain benefits. Full-time enrollment and work activity are typically required to ensure that individuals are actively participating in educational or job training programs. Since the individual in this scenario is attending college only half-time and not working, they do not meet the criteria needed for eligibility under the program. In contrast, the other choices present situations where students are either attending school full-time or involved in activities that may support their eligibility for benefits. For instance, the 18-year-old working towards a GED is still engaged in education, which can be deemed eligible. The 50-year-old also attending school half-time and not working, while potentially in a similar situation, may have different eligibility grounds based on age and educational engagement. Lastly, the 35-year-old in a work-study program is actively participating in both education and work

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3. When will a change in benefits be effective if reported timely on February 8th?

A. February 15th

B. March 1st

C. April 1st

D. May 1st

A change in benefits that is reported on February 8th will typically be effective from March 1st. This timing aligns with the standard procedures for processing benefit changes, allowing for adequate time to assess and implement the change. Benefit changes often have a designated processing period, and in this case, reporting on the 8th of the month means the adjustment occurs at the beginning of the following month. Understanding this timeframe is essential for individuals utilizing benefit programs, as it helps them to plan and manage their expectations regarding when they will start seeing changes reflected in their benefits. This leaves room for the necessary administrative work to be completed while still providing a timely update to recipients.

4. Whose identity is mandatory to verify at application?

A. Only the spouse

B. Dependent children

C. Head of Household only

D. Any adult in the household

The correct answer is that the identity of the head of household is mandatory to verify at application. The head of household is typically the primary responsible adult in a household who oversees the family's finances and household decisions. Verifying their identity is essential for ensuring integrity in the application process for services, as this individual usually provides key information related to household income, composition, and other relevant details that affect eligibility for benefits. Ensuring that the identity of the head of household is confirmed helps to reduce fraud and ensures that all the information provided is accurate, thus protecting the integrity of the services offered. By establishing the head of household's identity, the agency can better assess eligibility and disburse appropriate resources based on verified household circumstances. This role is central to understanding the family's situation, making it imperative to confirm their identity during the application process.

5. What state form must be provided to ABAWDS and Potential ABAWDS to inform them of FNS work requirements?

A. DSS-8640

B. DSS-8504

C. DSS-7924

D. DSS-9105

The correct choice, DSS-8640, refers to the specific state form used to communicate Work Requirements under the Food and Nutrition Services (FNS) program for Able-Bodied Adults Without Dependents (ABAWDS) and potential ABAWDS. This form is essential for ensuring that these individuals understand their responsibilities regarding work participation criteria in order to maintain eligibility for assistance. By providing this form, the state ensures that ABAWDS are adequately informed about the work requirements they must meet, which may include participation in work programs or job search activities. Compliance with these requirements is crucial, as failure to do so can lead to loss of benefits. The other options do not pertain specifically to the notification of work requirements for ABAWDS. Each of those forms serves a different purpose within the realm of the state's welfare and assistance programs, but they are not intended to address the specific information and guidance necessary for ABAWDS regarding work participation.

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6. Which type of expenses can the FNS unit receive deductions for?

A. Only paid expenses

B. Only incurred expenses

C. Expenses that are incurred or billed

D. Only recurring expenses

The FNS unit can receive deductions for expenses that are incurred or billed because this reflects how accounting practices recognize expenses. Incurred expenses are those that have been generated but may not have been paid yet, allowing entities to manage their financial reporting accurately based on when the costs are recognized rather than when the cash transactions occur. This approach helps in aligning financial statements with the actual costs of operations, ensuring that all expenses related to providing services or goods are recorded in the period they are incurred. Options that limit the deductions only to paid expenses or only to recurring expenses do not capture the full scope of costs that may impact the financial outcomes of the FNS unit. Additionally, only recognizing expenses that are billed but not incurred would neglect costs that have already been committed to but not yet finalized in billing, leaving a gap in financial management.

7. Eligibility for individuals disqualified for certain felony charges is subject to what condition?

A. State residency

B. Completion of treatment

C. Time elapsed since conviction

D. Both B and C

Individuals disqualified due to certain felony charges can regain eligibility based on two key conditions: completion of treatment and the time that has elapsed since their conviction. Completion of treatment is significant because it often indicates that the individual has taken steps to address the underlying issues that may have contributed to their felony behavior. Treatment could involve substance abuse programs, mental health support, or other rehabilitative measures that help the person reintegrate into society more effectively. The time elapsed since the conviction is crucial as well because many programs have specific waiting periods after which individuals may reapply or regain benefits. This condition acknowledges the importance of giving individuals a chance to demonstrate that they have reformed and are committed to making positive changes in their lives. Both of these conditions together underscore a rehabilitative approach that allows individuals to overcome past mistakes and work towards a better future, hence providing a pathway for requalification that considers personal growth and time.

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8. What income will be counted for a client starting a new job at Linens 'n' Things based on the provided hourly wage?

A. $350.05

B. $375.00

C. $340.00

D. $345.00

When calculating the income for a client starting a new job based on their hourly wage, it is important to consider the total expected earnings over a specific period, often calculated on a weekly basis. If the correct answer is $340.00, this likely comes from multiplying the hourly wage by the number of hours worked in a week. Typically, a full-time job is based on a standard workweek of 40 hours. Therefore, if the hourly wage being used is, for example, $8.50, then the weekly earnings would be calculated as follows: Hourly Wage × Hours Worked per Week = Weekly Earnings $8.50 × 40 hours = $340.00 This amount reflects a consistent income that can be anticipated based on the agreed number of working hours. Understanding how to compute this total helps in determining overall eligibility for various services and supports, since agencies often require precise income figures to make accurate assessments.

9. Which of the following denotes a reason to deny an application if found ineligibility?

A. Employment status

B. Misreported income

C. Household statement

D. Application completeness

Denial of an application for ineligibility often stems from the information provided in the household statement. The household statement is a critical component of the application process as it outlines the members of the household and their respective circumstances. If discrepancies are found or if the statement fails to accurately reflect the living situation or the number of people residing in the household, this can serve as a valid reason for denying the application. Misreported income and employment status can also lead to concerns, but they are typically assessed in the context of verifying eligibility rather than directly leading to an outright denial without the supporting evidence found in the household statement. On the other hand, application completeness is more about administrative compliance; if an application is incomplete, it may be returned for additional information rather than being denied outright for ineligibility. Thus, the household statement is pivotal in establishing the validity of the application and in determining eligibility, making it crucial in the decision to approve or deny an application.

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10. What must an individual do to dispute a denial of benefits?

A. Submit a written statement to the office

B. Request a fair hearing

C. Contact a state representative

D. Provide documents proving income

To dispute a denial of benefits, an individual must request a fair hearing. This process allows individuals the opportunity to formally appeal the decision made regarding their benefits. During the fair hearing, the individual can present their case, including evidence or arguments as to why they believe the denial was unwarranted. This approach ensures that there is a structured and legal framework in place to address disputes regarding benefits, thus providing a way for individuals to have their situations thoroughly reviewed by an impartial party. The fair hearing process is designed to uphold the rights of beneficiaries and ensure that decisions are made based on comprehensive information and fair evaluation. While submitting a written statement, contacting a state representative, or providing documents proving income may be part of the overall application or appeal process, they do not represent the formal mechanism specifically designed for disputing a denial of benefits. The fair hearing stands out as the official route for such disputes, thereby making it the correct answer in this context.

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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:

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

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