NUTRITION AND NUTRITIONAL CARE/ SUPPORT 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. Which type of diet should be focused on to improve health while losing weight?

A. Calorie-sufficient diet.

B. High-carbohydrate diet.

C. Calorie-restricted diet.

D. Sugar-rich diet.

2. What type of meal should a patient with chronic kidney disease be encouraged to consume?

A. High potassium meals

B. High protein meals

C. Low sodium meals

D. High fiber meals

3. What are essential fatty acids?

A. Fats produced in the body

B. Fats obtained from diet

C. Saturated fats

D. Trans fats

4. Which food group is highest in vitamin C?

A. Grain products

B. Meat and poultry

C. Citrus fruits

D. Dairy products

5. What health benefit is associated with consuming antioxidants?

A. They increase calorie intake

B. They help combat oxidative stress and reduce the risk of chronic diseases

C. They improve digestion

D. They reduce protein synthesis

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6. What is the function of the pancreas in digestion?

A. To produce bile for fat digestion

B. To absorb nutrients into the bloodstream

C. To produce enzymes and hormones for digestion and blood sugar regulation

D. To store nutrients until they are needed

7. What dietary component is primarily responsible for providing energy?

A. Vitamins

B. Minerals

C. Carbohydrates

D. Fiber

8. What should the LPN/LVN do for a patient receiving partial parenteral nutrition (PPN)?

A. Monitor the patient's blood sugar levels.

B. Obtain a daily weight for the patient and report any loss.

C. Administer medications as prescribed.

D. Manage IV fluids and rates continuously.

9. How can nutrition impact mental health?

A. It eliminates all neurological disorders

B. It can help regulate mood and cognitive functions

C. It primarily affects physical health

D. It has no significant impact on mental health

10. What is the recommended daily limit for added sugars according to dietary guidelines?

A. No more than 5% of total daily calories

B. No more than 10% of total daily calories

C. No more than 15% of total daily calories

D. No more than 20% of total daily calories

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Answers

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

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Explanations

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1. Which type of diet should be focused on to improve health while losing weight?

A. Calorie-sufficient diet.

B. High-carbohydrate diet.

C. Calorie-restricted diet.

D. Sugar-rich diet.

Focusing on a calorie-restricted diet is beneficial for improving health while losing weight because it involves reducing the total number of calories consumed to create a calorie deficit. This deficit is essential for weight loss, as the body needs to expend more energy than it takes in. A well-constructed calorie-restricted diet emphasizes nutrient-dense foods, ensuring that even with fewer calories, individuals still receive the essential vitamins, minerals, and macronutrients needed for overall health. This type of diet allows for a variety of food choices, encouraging the consumption of fruits, vegetables, whole grains, lean proteins, and healthy fats while minimizing high-calorie, low-nutrient foods. When done correctly, a calorie-restricted diet can lead to sustainable weight loss and improved health markers, such as lower blood pressure, improved lipid profiles, and better blood sugar control. The other options do not support the same goals effectively. A calorie-sufficient diet may maintain weight rather than promote weight loss. A high-carbohydrate diet could lead to increased caloric intake if not balanced properly, and a sugar-rich diet is detrimental to health due to its association with weight gain and various health issues like diabetes and heart disease. This highlights the importance of a calorie-restricted approach in achieving

2. What type of meal should a patient with chronic kidney disease be encouraged to consume?

A. High potassium meals

B. High protein meals

C. Low sodium meals

D. High fiber meals

Patients with chronic kidney disease often face challenges related to the body's ability to process and filter waste effectively. A critical aspect of dietary management for these patients is the restriction of sodium intake. High sodium levels can lead to fluid retention, increased blood pressure, and exacerbation of kidney damage. Therefore, meals that are low in sodium are emphasized to help manage these concerns and promote better health outcomes for the patient. Additionally, low sodium diets can assist in reducing the workload on the kidneys, as well as help maintain fluid balance, which is essential in this patient population. By choosing low sodium meals, individuals with chronic kidney disease can potentially decrease their risk of complications associated with their condition, making it a vital dietary recommendation. The other meal types, such as high potassium, high protein, and high fiber, may not be suitable depending on the specific stage and health status of the individual with chronic kidney disease. For instance, high potassium meals can pose a risk due to the kidneys' decreased ability to filter excess potassium from the blood. High protein meals can also be problematic, as excessive protein intake may generate more waste products that the kidneys need to eliminate. While fiber is generally beneficial for overall health, the primary concern for patients with chronic kidney disease often revolves around sodium

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3. What are essential fatty acids?

A. Fats produced in the body

B. Fats obtained from diet

C. Saturated fats

D. Trans fats

Essential fatty acids are types of fats that the body cannot synthesize on its own and therefore must be obtained from the diet. These fatty acids play crucial roles in various bodily functions, including cell membrane structure, hormone production, and the reduction of inflammation. The two primary types of essential fatty acids are omega-3 and omega-6 fatty acids, which are found in foods such as fish, nuts, seeds, and certain oils. Fats produced in the body do not fall into the category of essential fatty acids, as these are synthesized by the liver and other tissues. Saturated fats and trans fats are not essential fatty acids either; they can have detrimental health effects in excess and are typically not required by the body for optimal functioning. Thus, focusing on dietary sources is key for ensuring adequate intake of essential fatty acids.

4. Which food group is highest in vitamin C?

A. Grain products

B. Meat and poultry

C. Citrus fruits

D. Dairy products

Citrus fruits are recognized as one of the richest sources of vitamin C. This vitamin plays a crucial role in various bodily functions, including the maintenance of skin, blood vessels, bones, and cartilage, as well as aiding in wound healing. Citrus fruits, such as oranges, lemons, limes, and grapefruits, are particularly noted for their high vitamin C content, making them a staple in promoting immune health and fighting against oxidative stress. In contrast, grain products are generally low in vitamin C; meat and poultry primarily provide protein and B vitamins, while dairy products contribute calcium and some other nutrients, but are not significant sources of vitamin C. Therefore, citrus fruits stand out as the highest food group in terms of vitamin C content, essential for maintaining overall health and well-being.

5. What health benefit is associated with consuming antioxidants?

A. They increase calorie intake

B. They help combat oxidative stress and reduce the risk of chronic diseases

C. They improve digestion

D. They reduce protein synthesis

The consumption of antioxidants is primarily linked to their ability to combat oxidative stress and reduce the risk of chronic diseases. Oxidative stress occurs when there is an imbalance between free radicals and antioxidants in the body, leading to cell damage that can contribute to various health issues, including heart disease, cancer, and neurodegenerative disorders. Antioxidants, which include vitamins like C and E, selenium, and various phytonutrients found in fruits and vegetables, help neutralize free radicals, thereby protecting cells and promoting overall health. This protective role is crucial because chronic diseases often stem from prolonged oxidative damage, and a diet rich in antioxidants can enhance the body's defense against such conditions. The other options do not accurately reflect the primary benefits of antioxidants. For instance, increasing calorie intake is not a benefit of antioxidants; rather, many antioxidant-rich foods—such as fruits and vegetables—tend to be low in calories. Additionally, while antioxidants may have indirect effects on digestion due to their role in overall health, improving digestion is not their main function. Similarly, antioxidants do not reduce protein synthesis; rather, they support overall cellular health, which may indirectly support metabolic processes, including protein synthesis. Therefore, the role of antioxidants in combating oxidative stress and reducing the risk

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6. What is the function of the pancreas in digestion?

A. To produce bile for fat digestion

B. To absorb nutrients into the bloodstream

C. To produce enzymes and hormones for digestion and blood sugar regulation

D. To store nutrients until they are needed

The function of the pancreas in digestion is particularly important as it plays a dual role by producing both digestive enzymes and hormones that regulate blood sugar levels. The pancreas generates a range of enzymes, such as amylase for carbohydrate digestion, lipase for fat digestion, and proteases for protein digestion, which are released into the small intestine to assist with the breakdown of food. Additionally, the pancreas produces hormones like insulin and glucagon, which are crucial for maintaining blood sugar levels. Insulin lowers blood sugar is by facilitating the uptake of glucose into the cells, while glucagon raises blood sugar levels by stimulating the release of stored glucose from the liver. This multifaceted role highlights the pancreas as essential not merely for digestion but also for overall metabolic balance, ensuring that your body has both the nutrients it needs and stable blood sugar levels.

7. What dietary component is primarily responsible for providing energy?

A. Vitamins

B. Minerals

C. Carbohydrates

D. Fiber

Carbohydrates are the primary dietary component responsible for providing energy to the body. When consumed, carbohydrates are broken down into glucose, which serves as a fundamental source of energy for the body's cells. This energy is vital for performing daily activities, supporting metabolism, and fueling physical exertion. Vitamins and minerals, while essential for various bodily functions and maintenance of health, do not provide energy in the form of calories. They play crucial roles in processes like immune function and metabolism but do not serve as direct energy sources. Fiber, although important for digestive health and helping to regulate blood sugar levels, is a type of carbohydrate that the body does not digest completely and therefore does not provide caloric energy as others do. Thus, carbohydrates are the key component that provides the necessary fuel for energy production in the body, which makes this choice the most accurate in the context of the question.

8. What should the LPN/LVN do for a patient receiving partial parenteral nutrition (PPN)?

A. Monitor the patient's blood sugar levels.

B. Obtain a daily weight for the patient and report any loss.

C. Administer medications as prescribed.

D. Manage IV fluids and rates continuously.

For a patient receiving partial parenteral nutrition (PPN), obtaining a daily weight is crucial as it helps monitor the patient's nutritional status and fluid balance. Weight changes can indicate whether the patient is gaining or losing fluid, which may be essential for managing their overall health. Weight loss could suggest inadequate nutritional intake or fluid loss that needs to be addressed, while weight gain could indicate fluid overload, which can lead to complications. In the context of PPN, which is typically used for patients who require additional nutritional support but can still tolerate some oral intake, keeping track of their weight gives a clear indication of how well their nutritional needs are being met and how their body is responding to the PPN. Monitoring blood sugar levels is important, especially if the patient is on dextrose-containing PPN, but weight monitoring directly reflects the effectiveness of the nutritional support being provided. While administering medications and managing IV fluids are part of the nursing responsibilities, these actions are secondary to ensuring that the patient's nutritional status is stable, which is why weight monitoring is a key focus for patients on PPN.

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9. How can nutrition impact mental health?

A. It eliminates all neurological disorders

B. It can help regulate mood and cognitive functions

C. It primarily affects physical health

D. It has no significant impact on mental health

Nutrition plays a crucial role in influencing mental health through various mechanisms that affect mood regulation and cognitive functions. A balanced diet rich in essential nutrients can contribute to the production of neurotransmitters, which are the chemicals that transmit signals in the brain. For example, omega-3 fatty acids, found in fish, are linked to lower rates of depression and cognitive decline, while vitamins such as B complex and minerals like zinc and magnesium are important for brain health and emotional regulation. Moreover, certain dietary patterns, like the Mediterranean diet, have been associated with improved mental well-being. These diets are rich in fruits, vegetables, whole grains, healthy fats, and lean proteins, all of which provide the nutrients necessary for brain function and mood stabilization. While nutrition cannot eliminate neurological disorders entirely, it can certainly influence their management and the overall mental health of individuals. This aspect aligns with the understanding that mental health is multifactorial, and dietary choices are a significant component of overall health that can enhance or impair mental well-being.

10. What is the recommended daily limit for added sugars according to dietary guidelines?

A. No more than 5% of total daily calories

B. No more than 10% of total daily calories

C. No more than 15% of total daily calories

D. No more than 20% of total daily calories

The recommendation for added sugars is that they should account for no more than 10% of total daily calories. This guideline is established to help promote better health and prevent chronic diseases. Excessive consumption of added sugars can lead to weight gain, increased risk of metabolic disorders, and other health problems like heart disease and type 2 diabetes. By limiting added sugars to 10% of total daily caloric intake, individuals can still enjoy some sweets while prioritizing nutrient-dense foods that support overall health. This balance is crucial for creating a sustainable eating pattern that does not heavily rely on sugary foods and encourages the consumption of fruits, vegetables, whole grains, and lean proteins instead.

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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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