NUTRITION SECTION 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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https://nutritionsection1.examzify.com

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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 is a good strategy to use when a client denies personal problems?

A. Reframing

B. Confrontation

C. Ignoring the issue

D. Persuasion

2. In nutrition terminology, UL stands for which of the following?

A. Tolerable Upper Intake Level

B. Upper Limit

C. Ultimate Limit

D. Total Upper Load

3. Which organ system protects the body and is composed of skin, hair, and nails?

A. Integumentary system

B. Endocrine system

C. Lymphatic system

D. Digestive system

4. Which nutrient has the highest energy yield per gram?

A. Carbohydrate 4 kcal/g

B. Protein 4 kcal/g

C. Alcohol 7 kcal/g

D. Fat 9 kcal/g

5. Which of the following is the third common form of commercially available supplemental protein?

A. Protein concentrates

B. Protein isolates

C. Protein hydrolysates

D. Protein blends

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6. For endurance events, which hydration strategy is recommended?

A. Plain water only is sufficient for all endurance events.

B. Fluids with electrolytes, avoid overhydration, replace sodium and potassium as needed, monitor weight loss.

C. Fast intake of fluids after the event only.

D. Never monitor body weight.

7. What percentage of daily calories should added sugars be limited to?

A. 5 percent

B. 15 percent

C. 25 percent

D. 10 percent

8. Which statement best describes the strategy to use when a client denies personal problems?

A. Direct confrontation

B. Giving up

C. Encouragement

D. Reframing

9. Which of the following is a mineralocorticosteroid?

A. Deca-Durabolin

B. Aldosterone

C. Cortisone

D. Hydrocortisone

10. Which of the following is a dietary source of vitamin B12?

A. Almonds

B. Spinach

C. Beef

D. Eggs

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Answers

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

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Explanations

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1. What is a good strategy to use when a client denies personal problems?

A. Reframing

B. Confrontation

C. Ignoring the issue

D. Persuasion

When a client denies personal problems, reframing helps by shifting the conversation to a different, more constructive perspective without blaming or pressuring. It involves restating what the client is saying in a way that invites exploration, such as highlighting how small daily choices can impact health and energy. This reduces defensiveness and opens the door to discussing underlying factors that may be affecting nutrition and lifestyle. Confrontation tends to trigger resistance, ignoring the issue leaves the problem unresolved, and persuasion can feel pushy and cause the client to shut down. For example, you might say, "It sounds like you don't see this as a problem yet, but many people discover that small changes add up over time and make a noticeable difference in how you feel."

2. In nutrition terminology, UL stands for which of the following?

A. Tolerable Upper Intake Level

B. Upper Limit

C. Ultimate Limit

D. Total Upper Load

The main concept is understanding a safety threshold for nutrient intake. UL stands for Tolerable Upper Intake Level. It is the highest average daily intake unlikely to cause adverse effects for almost all healthy people in a given life stage and gender group. It serves as a safety ceiling to help evaluate total intake from food, water, and supplements, not as a target to reach. The term "tolerable" reflects that small amounts vary among individuals, while the "upper intake level" marks the point beyond which there may be increased risk if exceeded regularly. Other phrasing like upper limit, ultimate limit, or total upper load isn't the standard terminology used in nutrition guidelines.

3. Which organ system protects the body and is composed of skin, hair, and nails?

A. Integumentary system

B. Endocrine system

C. Lymphatic system

D. Digestive system

Protection through a barrier is what the integumentary system does. It is composed of skin, hair, and nails, forming the outer shield that guards against pathogens and minimizes water loss. The skin also houses sensory receptors and helps regulate body temperature, while hair and nails provide additional protection. Other listed systems have different roles—hormonal signaling for the endocrine system, immune response and fluid balance for the lymphatic system, and nutrient processing for the digestive system. So, the organ system made up of skin, hair, and nails that protects the body is the integumentary system.

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4. Which nutrient has the highest energy yield per gram?

A. Carbohydrate 4 kcal/g

B. Protein 4 kcal/g

C. Alcohol 7 kcal/g

D. Fat 9 kcal/g

Energy yield per gram varies among macronutrients, with fats providing the most energy per unit weight. When the body oxidizes food, fats release about 9 kilocalories per gram, while carbohydrates and proteins release about 4 kilocalories per gram. Alcohol delivers around 7 kilocalories per gram, but it isn't treated as a nutrient in the same way as fats, carbohydrates, or proteins. The higher energy density of fats comes from their chemical structure: they are highly reduced with many carbon–hydrogen bonds and less oxygen, so more energy is released during metabolism.

5. Which of the following is the third common form of commercially available supplemental protein?

A. Protein concentrates

B. Protein isolates

C. Protein hydrolysates

D. Protein blends

Protein supplements are categorized by how much processing they've undergone and how quickly the amino acids are absorbed. The most common form is the least processed option, which provides protein at a lower processing level and is widely available and affordable. The next most common form is the more processed option that strips away fat and lactose, yielding a higher protein content with fewer carbs and fats. The third form is the pre-digested type, where the protein is broken down into smaller peptides to be absorbed rapidly. This pre-digestion improves speed of delivery but comes at a higher cost and can have a more pronounced, sometimes bitter, taste, which keeps it less common overall. Because of that balance of cost and palatability, protein hydrolysates typically rank as the third common form. Blends exist, combining forms for marketing and performance goals, but they're not a distinct processing level like the others.

6. For endurance events, which hydration strategy is recommended?

A. Plain water only is sufficient for all endurance events.

B. Fluids with electrolytes, avoid overhydration, replace sodium and potassium as needed, monitor weight loss.

C. Fast intake of fluids after the event only.

D. Never monitor body weight.

During endurance events you sweat not just water but also key electrolytes, especially sodium. Using fluids that include electrolytes helps replace both water and these salts, supporting blood volume, nerve and muscle function, and overall performance. It also reduces the risk of hyponatremia from drinking too much plain water. Replacing sodium (and potassium as needed) keeps electrolyte balance in check, since sweat can deplete these minerals significantly. Monitoring weight loss provides a practical cue to adjust intake: losing weight indicates you need more fluids, while excessive weight gain can signal overhydration. Drinking large amounts of fluid only after the event leaves you underhydrated during activity and misses the opportunity to maintain optimal performance.

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7. What percentage of daily calories should added sugars be limited to?

A. 5 percent

B. 15 percent

C. 25 percent

D. 10 percent

Limiting added sugars to ten percent of daily calories helps keep sugar intake in a safe, practical range while leaving room for nutrient-dense foods. Added sugars are sugars added during processing or in cooking, not the natural sugars found in whole fruit or dairy. When a larger share of calories comes from added sugars, it can lead to excess total calories, weight gain, and higher risks of heart disease and dental problems, while crowding out foods that provide vitamins, minerals, and fiber. Ten percent is the standard guideline because it provides a achievable target that supports overall diet quality. Choices that suggest five percent are stricter than usual recommendations, while fifteen or twenty-five percent exceed what most dietary guidelines advise.

8. Which statement best describes the strategy to use when a client denies personal problems?

A. Direct confrontation

B. Giving up

C. Encouragement

D. Reframing

When a client denies personal problems, reframing is the most effective strategy because it preserves rapport while gently shifting perspective. Instead of arguing or labeling the denial as a flaw, reframing offers a different lens that connects the client's behaviors to their goals or values, making change feel more achievable. This approach reduces defensiveness and invites self-reflection, which is crucial in nutrition counseling where small, manageable changes often lead to longer-term improvements. For example, if a client says they don't have a problem with their eating, you might reframe by linking choices to goals they care about—energy for daily activities, better concentration, or weight goals—and suggest a small, concrete adjustment that aligns with those aims. Direct confrontation can trigger resistance, and simply encouraging the client without addressing the denial may miss the chance to shift their perspective. Reframing stays respectful, collaborative, and focused on practical steps the client can take.

9. Which of the following is a mineralocorticosteroid?

A. Deca-Durabolin

B. Aldosterone

C. Cortisone

D. Hydrocortisone

Mineralocorticoids regulate electrolyte and fluid balance by acting on the kidneys to promote sodium reabsorption and potassium excretion, which helps control blood volume and pressure. The principal mineralocorticoid is aldosterone, produced in the adrenal cortex, and it acts on the distal tubules and collecting ducts to increase sodium reabsorption (and water follows) while promoting potassium excretion.
Deca-Durabolin is an anabolic steroid focused on muscle growth, not mineralocorticoid action. Cortisone and hydrocortisone are glucocorticoids involved in metabolism and anti-inflammatory responses, with only minor mineralocorticoid activity compared to aldosterone. Therefore, the mineralocorticoid is aldosterone.

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10. Which of the following is a dietary source of vitamin B12?

A. Almonds

B. Spinach

C. Beef

D. Eggs

Vitamin B12 comes from animal-derived foods, or products that have been fortified, because plants don't provide meaningful amounts of this vitamin. Eggs are an animal-derived food and contain vitamin B12, making them a dietary source. They're also a convenient source alongside other nutrients like high-quality protein. Almonds and spinach are plant-based and don't offer significant B12, while beef does contain B12 as well.

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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://nutritionsection1.examzify.com

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

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