TCC NUTRITION 101 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://tccnutrition101.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. Which of the following is NOT among the GI tract organs discussed in class?

A. Esophagus

B. Mouth

C. Liver

D. Small intestine

2. Which statement best describes 'Good' food?

A. It is always low in calories.

B. It is nutrient-dense and produced and sold sustainably.

C. It is highly processed and convenient.

D. It is only organic foods.

3. The enteric nervous system translates chemical signals into _____ which are then sent to the brain.

A. Digestive enzymes

B. Hormonal messages

C. Electrical impulses

D. Neuronal signals

4. AMDR for protein is:

A. 5-15%

B. 20-40%

C. 10-35%

D. 15-25%

5. Which description best characterizes energy-dense foods?

A. Low in fats

B. High in calories per weight but low in nutrients

C. High in micronutrients

D. Low in calories

SAMPLE

6. Which component is described as the master sub-organ that signals hunger?

A. Hypothalamus

B. Pituitary gland

C. Amygdala

D. Cerebellum

7. The immune system uses this amino acid as much as, or more so, than glucose for fuel:

A. Glutamine

B. Arginine

C. Leucine

D. Lysine

8. Which statement is NOT supported by the material?

A. Probiotics are living organisms we ingest.

B. Empty calories come from solid fats and added sugars.

C. Good food is only about taste.

D. The four biological drives include hunger, thirst, sleep, and procreation.

9. Which nutrient contains nitrogen as a defining element?

A. Carbohydrates

B. Lipids

C. Minerals

D. Proteins

10. What is the second step of the scientific method?

A. Formulating a theory

B. Generating a hypothesis

C. Collecting data

D. Making an observation

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is NOT among the GI tract organs discussed in class?

A. Esophagus

B. Mouth

C. Liver

D. Small intestine

GI tract organs are the hollow tubes through which food travels and where much of digestion and absorption happen: the mouth, esophagus, stomach, small intestine, and large intestine. The liver, while essential to digestion, is an accessory digestive organ that produces bile and supports digestion but is not part of the GI tract itself. Because the class focused on the actual GI tract segments, the liver is the item that is not among them. The mouth starts digestion, the esophagus moves food down by peristalsis, and the small intestine is where most digestion and absorption occur.

2. Which statement best describes 'Good' food?

A. It is always low in calories.

B. It is nutrient-dense and produced and sold sustainably.

C. It is highly processed and convenient.

D. It is only organic foods.

Good food is defined by two ideas: it should provide a lot of nutrients relative to the calories it delivers (nutrient-dense), and it should come from production and selling practices that are environmentally and socially responsible (sustainably produced and sold). When a food is nutrient-dense, it helps you meet vitamins, minerals, protein, and fiber needs without piling on excess calories. Sustainable production means considering environmental impact, fair labor, humane practices, and reducing waste along the supply chain. This combination best captures a thoughtful, healthful approach to food. Low calories aren't enough on their own because some nutrient-dense foods can be higher in calories, and some low-calorie options may be low in essential nutrients. Highly processed and convenient foods often lose nutrients or gain unhealthy additives, so they're not ideal descriptors of good food. Saying good food must be organic excludes many nutritious, sustainably produced options that are conventional.

3. The enteric nervous system translates chemical signals into _____ which are then sent to the brain.

A. Digestive enzymes

B. Hormonal messages

C. Electrical impulses

D. Neuronal signals

The enteric nervous system translates chemical cues in the gut into neural activity. It detects things like nutrients, pH, and signaling molecules and converts that information into electrical impulses within its network of neurons. Those impulses travel as neuronal signals through visceral nerves to the brain, providing real-time information about the gut's status and enabling appropriate reflexes and processing. Hormones released by gut cells also affect the brain, but that's the endocrine route, not the direct neural output from the enteric system. So the best fit is electrical impulses, i.e., neuronal signals.

SAMPLE

4. AMDR for protein is:

A. 5-15%

B. 20-40%

C. 10-35%

D. 15-25%

AMDR for protein focuses on how much of daily calories should come from protein to support body tissues and metabolic functions while leaving room for carbohydrates and fats that fulfill other roles. The recommended range is 10 to 35 percent of energy from protein. This broad span accommodates people with different needs, from those with lower activity to those who are more active or building tissue, ensuring enough amino acids without overemphasizing protein at the expense of other nutrients. The lower end ensures a minimum intake to meet requirements, while the upper end protects against excessive protein intake that could crowd out essential carbohydrates and fats or, in some individuals, place extra work on the kidneys. For a 2000 kcal daily diet, 10–35% equates to about 200 to 700 kcal from protein, which is roughly 50 to 175 grams of protein per day.

5. Which description best characterizes energy-dense foods?

A. Low in fats

B. High in calories per weight but low in nutrients

C. High in micronutrients

D. Low in calories

Energy-dense foods are foods that pack a lot of energy (calories) into a small amount of weight. The best description for them is that they are high in calories per weight but low in nutrients. That means you get a lot of energy from a small bite, but they don't provide many vitamins, minerals, or other beneficial nutrients relative to their calorie content. This combination explains why such foods can contribute to higher energy intake without offering much in the way of nourishment. They're often high in fats or added sugars, which boost calories, while their micronutrient content is relatively low. In contrast, foods described as low in calories or low in fats would typically not have high energy density, and foods high in micronutrients describe nutrient-dense options rather than energy-dense ones.

6. Which component is described as the master sub-organ that signals hunger?

A. Hypothalamus

B. Pituitary gland

C. Amygdala

D. Cerebellum

The hypothalamus acts as the master regulator of hunger. This small brain region sits at the base of the brain and integrates signals about the body's energy status from the gut and fat tissue. It responds to hormones like ghrelin, which rises before meals to stimulate appetite, and leptin, which reflects stored energy and helps curb hunger. Specific parts of the hypothalamus drive feeding (the hunger center) when energy is low and promote fullness (satiety) when energy stores are adequate. That central coordinating role is why this structure is described as the control hub for hunger. The pituitary gland mainly releases hormones that regulate other glands, the amygdala is more about emotion and reward, and the cerebellum handles movement coordination, none of which serve as the primary hunger regulator.

SAMPLE

7. The immune system uses this amino acid as much as, or more so, than glucose for fuel:

A. Glutamine

B. Arginine

C. Leucine

D. Lysine

Glutamine acts as a major fuel for immune cells. When the immune system is activated, lymphocytes and macrophages take up a lot of glutamine and use it through glutaminolysis to feed the TCA cycle (via conversion to alpha-ketoglutarate), supporting both energy production and the biosynthesis needs of rapidly dividing cells. It also supplies nitrogen for making nucleotides and helps maintain redox balance, which are all crucial during an immune response. While glucose is still important, the demand for glutamine increases enough that it becomes a key energy source for immune cells, sometimes rivaling or surpassing glucose in this context. Arginine has important roles in signaling and nitric oxide production, but not as the primary fuel. Leucine and lysine are essential for protein synthesis and other functions, but they aren't used by immune cells to the same extent as glutamine for energy during activation.

8. Which statement is NOT supported by the material?

A. Probiotics are living organisms we ingest.

B. Empty calories come from solid fats and added sugars.

C. Good food is only about taste.

D. The four biological drives include hunger, thirst, sleep, and procreation.

Good eating is evaluated by how foods support health, nourishment, and balance in the diet, not just how they taste. The statement claiming that good food is only about flavor ignores the broader purpose of nutrition—providing nutrients, energy, and wellbeing, while fitting into overall dietary goals. The other statements align with common nutrition material: probiotics are indeed living organisms we ingest to potentially benefit gut health; empty calories come primarily from solid fats and added sugars, contributing little in the way of nutrients; and the four basic biological drives include hunger, thirst, sleep, and reproduction. So the one that reduces food to taste alone isn't supported.

9. Which nutrient contains nitrogen as a defining element?

A. Carbohydrates

B. Lipids

C. Minerals

D. Proteins

Nitrogen is a defining element in proteins. This comes from amino acids, the building blocks of proteins, each of which contains an amino group that includes nitrogen. The bonds that link amino acids together—the peptide bonds—involve nitrogen as part of the backbone of proteins. Carbohydrates and lipids are made mainly of carbon, hydrogen, and oxygen, with no nitrogen as a defining component, and minerals are inorganic elements that do not include nitrogen in their basic composition. So proteins are the nutrient that contains nitrogen as a defining element.

SAMPLE

10. What is the second step of the scientific method?

A. Formulating a theory

B. Generating a hypothesis

C. Collecting data

D. Making an observation

The second step is generating a hypothesis. After you've made initial observations and formed a question, you shape a clear, testable statement about how you think the world works. This guess isn't random; it's a specific claim that makes predictions you can test with experiments or measurements. The hypothesis provides direction for the study—what to change (the independent variable), what you'll measure (the dependent variable), and what results would support or refute the idea. For example, if you notice that seeds appear to germinate faster in warmth, your hypothesis might be that higher temperatures speed germination. You'd then design an experiment to test seeds at different temperatures and collect data on germination time. Data collection and analysis come after you've stated the hypothesis and planned the test. Forming a theory, by contrast, is what scientists develop after many reliable hypotheses have been tested and repeatedly supported. Making an observation is the starting point, not the second step, because it's the raw information that leads to the question and the subsequent hypothesis.

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://tccnutrition101.examzify.com

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

SAMPLE