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Question: 1

All of the following are true about dietary-social history of an individual except:

- A. it involves evaluation of food habits
- B. it has little impact in the nutritional assessment of the individual
- C. can be difficult to obtain an accurate dietary assessment
- D. 24-hour dietary recall profile is the most common method used

Answer: B

Explanation:

The question asks to identify the false statement among the provided options concerning the dietary-social history of an individual. Let's address each option provided in the question:

**It

involves evaluation of food habits:** This statement is true. The dietary-social history of an individual indeed involves evaluating their food habits, including what types of foods they consume, their meal patterns, dietary preferences, and any dietary restrictions they might have. This evaluation is crucial as it provides insight into the nutritional adequacy of the person's diet and potential areas where changes could be beneficial.

It has little impact in the nutritional assessment of the individual: This statement is false, making it the correct answer to the question. Contrary to the claim, the dietary-social history has a significant impact on the nutritional assessment of an individual. Understanding a person's dietary habits, cultural influences, socioeconomic status, and other social factors is vital for a comprehensive nutritional evaluation. These aspects greatly influence food choices and nutritional status, thereby affecting the overall assessment and subsequent dietary recommendations.

The most common method of dietary-social history used is the 24-hour recall: This statement is true. The 24-hour recall is a widely used method for dietary assessment. In this approach, the individual is asked to recall all the foods and beverages they consumed in the previous 24 hours. The dietitian or nutritionist typically conducts an in-depth interview to gather detailed information about the types and quantities of food consumed, as well as preparation methods. This method is favored for its straightforwardness and the relatively short amount of time required to complete the assessment.

Can be difficult to obtain an accurate dietary assessment: This statement is also true. While methods like the 24-hour recall are useful, obtaining an accurate dietary history can be challenging. Factors such as individual's memory, understanding of portion sizes, or willingness to disclose all consumed items can affect the accuracy of the data collected. Additionally, a single day's intake might not represent typical dietary habits, which is why multiple recalls or other methods might be employed to gain a more accurate picture.

24-hour dietary recall profile is the most common method used: This statement is a repetition and elaboration of a previous true statement, emphasizing the prevalence of the 24-hour recall method in dietary-social history assessments. In summary, the false statement in the list is that the dietary-social history "has little impact in the nutritional assessment of the individual." In reality, it is a crucial component of the overall nutritional assessment process.

Question: 2

Which psychosocial factor places a senior citizen at risk of malnutrition?

- A. Lack of companionship.
- B. Living alone.
- C. Activity level.
- D. Functional disability.

Answer: A

Explanation:

One crucial psychosocial factor that places a senior citizen at risk of malnutrition is lack of companionship. Companionship, or the presence and quality of social relationships, significantly impacts the health and nutritional status of older adults. When senior citizens experience loneliness or social isolation, it can lead to reduced motivation to prepare meals or eat properly, contributing directly to poor nutritional intake.

Social interactions often revolve around meal times. Seniors who eat with others are more likely to enjoy their meal and consume a nutritionally balanced diet. In contrast, eating alone can result in decreased appetite and less interest in food preparation, leading to inadequate nutrient intake. The absence of companionship can also diminish the regularity of structured meals, causing erratic eating patterns that do not meet dietary needs.

Additionally, the lack of social support that comes with companionship can affect mental health, leading to depression or anxiety, which further exacerbates the risk of malnutrition. Seniors with reduced social contacts might not have someone observing changes in their eating habits or recognizing signs of nutritional deficiencies, which could lead to delayed or no intervention.

While lack of companionship is a significant psychosocial factor, other related factors such as living alone, activity level, and functional disability also contribute to the risk of malnutrition among seniors. Living alone might mean there is no one to help in meal preparation, especially if the senior has physical limitations or health issues. Lower activity levels can reduce appetite, and functional disabilities might make it physically challenging to shop for groceries or cook meals, further complicating nutritional intake.

Thus, all these factors are interconnected, but the root often lies in the psychosocial domain of lack of companionship, underscoring the importance of social interactions and support networks in maintaining the nutritional health of senior citizens. Promoting community programs and social gatherings can be effective strategies to mitigate these risks and improve the overall well-being of older adults.

Question: 3

Of the following, which is the BEST example of the counseling skill of self-disclosure?

- A. A client is asked to introduce himself and disclose their reasons for seeking nutritional counseling.
- B. A Registered Dietitian introduces himself to a patient and explains their desired outcomes from the session.
- C. A Registered Dietitian shares personal thoughts and feelings with his client during a nutritional counseling session.

D. A patient participates in family counseling sessions to disclose his or her health concerns and dietary goals.

Answer: C

Explanation:

Self-disclosure in counseling refers to the practice where the counselor shares personal information about themselves, rather than just professional or theoretical knowledge, with their client. This personal information can include thoughts, feelings, experiences, or personal reactions to the situation at hand. The primary goal of self-disclosure is to build trust, create a more open and authentic relationship, and facilitate a deeper level of dialogue with the client.

The effectiveness of self-disclosure as a counseling skill largely depends on its relevance to the client's issues and its appropriateness in timing and content. When used correctly, it can help clients feel that their counselor is relatable and empathetic, which can reduce feelings of isolation and increase client engagement in the therapeutic process.

In the context of the question provided, the best example of self-disclosure is where a Registered Dietitian shares personal thoughts and feelings with his client during a nutritional counseling session. This act fits the definition of self-disclosure because it involves the dietitian revealing personal information that goes beyond professional advice or dietary guidelines. This could help the client feel more at ease, knowing that their counselor is not just a clinical advisor but also a human being who might have faced similar challenges or emotions.

The other options listed do not represent self-disclosure: 1. A client introducing themselves or disclosing their reasons for seeking counseling is actually an example of client disclosure, not counselor self-disclosure. 2. A dietitian introducing themselves and explaining desired outcomes from the session is a professional practice and doesn't involve sharing personal thoughts or feelings.

It's important for counselors, including dietitians, to use self-disclosure judiciously. Sharing too much, too soon, or focusing on the counselor's needs can backfire, making sessions less effective or even damaging the therapeutic relationship. However, when done appropriately, self-disclosure can be a powerful tool to foster connection and support clients in their journey toward better health and well-being.

Question: 4

As people get a little older, popping in and out of the grocery store may take a little more effort. All of the following are good tips for shopping except:

- A. do not use a grocery cart for balance
- B. plan ahead and make a grocery list
- C. stop at quiet times during weekday mornings when the store is not as busy
- D. ask for help when carrying groceries to the car

Answer: A

Explanation:

As people age, mobility can become a concern, and even simple tasks like grocery shopping can require more planning and effort. To make grocery shopping easier and safer for older adults, several strategies

can be employed. However, not all commonly advised tips are beneficial. Let's evaluate each tip mentioned and determine which is *not* a good suggestion.

Firstly, the repeated advice to "do not use a grocery cart for balance" is actually counterproductive. Using a grocery cart for balance can be very helpful, particularly for those who have difficulty walking or standing for extended periods. A grocery cart provides support and can help prevent falls, making it a safer option for many older shoppers. Additionally, for those who need more support than a standard grocery cart can provide, many stores offer battery-powered, sit-down carts. These motorized carts allow individuals to shop comfortably without needing to stand, catering especially to those with severe mobility limitations.

The tip to "plan ahead and make a grocery list" is indeed a good one. Planning ahead by creating a list can make shopping trips more efficient and less tiring. It helps ensure that all necessary items are remembered, reducing the likelihood of multiple trips. It also allows older adults to organize their shopping route within the store, minimizing backtracking and extra walking.

"Stop at quiet times during weekday mornings when the store is not as busy" is another excellent piece of advice. Shopping during off-peak hours means fewer crowds, less noise, and a more relaxed environment. This can make navigating the aisles easier and reduce the stress and physical strain associated with waiting in long lines or maneuvering through busy areas.

Finally, the suggestion to "ask for help when carrying groceries to the car" is also beneficial. Many grocery stores offer assistance for customers who need help transporting their purchases to their vehicles. Taking advantage of this service can prevent overexertion and potential injuries. It's important for older adults to recognize their limits and ask for help to maintain their health and safety.

In conclusion, the repeated advice against using a grocery cart for balance is the tip that is not good. On the contrary, using a grocery cart for support or opting for a motorized cart if needed is advisable. The other tips provided are constructive and can significantly enhance the shopping experience for older adults, making it safer and more enjoyable.

Question: 5

All of the following are factors in Henry Fayol's management by function EXCEPT:

- A. developing the principles of management
- B. creating line and staff organizational charts
- C. de-emphasizing chain of command and formal authority
- D. advocating a narrow span of control

Answer: C

Explanation:

Henry Fayol, a pioneering figure in the development of management theories, is best known for his principles of management, which emphasize a structured organization and clear authority lines. His approach, often referred to as Fayolism, delineates how managers should organize and interact with staff. One of the core components of Fayol's theory is the importance of the chain of command and formal authority, which is contrary to the option listed in the question about de-emphasizing chain of command and formal authority.

Fayol's management theory includes several key elements that are geared towards improving organizational functioning and efficiency. These elements include principles such as division of work, authority and responsibility, discipline, unity of command, unity of direction, subordination of individual

interest to the general interest, remuneration, centralization, scalar chain, order, equity, stability of tenure of personnel, initiative, and esprit de corps. Notably, the principle of the scalar chain explicitly underscores the importance of a clear line of authority within an organization, which facilitates an orderly flow of information.

The scalar chain concept involves a chain-like authority scale, which connects the top of the organizational hierarchy to the bottom. This principle argues that communications should follow this formal path unless explicitly decided otherwise, thereby reinforcing the significance of a structured chain of command. Fayol believed that maintaining such hierarchy helps in establishing clear roles and responsibilities, which is essential for effective management.

In contrast, the option "de-emphasizing chain of command and formal authority" suggests a management style that reduces the emphasis on hierarchical structure and formal authority, which is not in line with Fayol's theories. Such a style is more closely aligned with contemporary management theories that advocate for flatter organizational structures and more flexibility, which were not part of Fayol's original principles.

Therefore, while Fayol advocated for principles such as developing a comprehensive framework for management, creating organizational charts that delineate lines and staff structures, and advocating for controlled spans of control, he did not support the idea of de-emphasizing the chain of command and formal authority. The correct answer to the question is thus "de-emphasizing chain of command and formal authority" as it does not align with Fayol's management by function approach.

Question: 6

All of the following are menu cues for more fat except:

- A. layered with refried beans
- B. served with salsa verde
- C. served in a crisp tortilla basket
- D. Chile con queso

Answer: B

Explanation:

The question is asking to identify which menu item listed typically signals a lower-fat option. Let's examine each option provided in the question:

"layered

with refried beans" - Refried beans are often cooked with fats such as lard or oil. This preparation method can add significant amounts of fat to the dish, making it a higher-fat option.

"served with salsa verde" - Salsa verde is a type of sauce made primarily from tomatillos, green chilies, and herbs. It is generally a low-fat accompaniment because it does not typically include cream, cheese, or other high-fat ingredients. This is usually a healthier, lower-fat option.

"served in a crisp tortilla basket" - The term "crisp" suggests that the tortilla has been fried. Fried foods are higher in fat due to the oil absorbed during the frying process. Therefore, a crisp tortilla basket would be a higher-fat choice.

"Chile con queso" - This dish translates to "chili with cheese" and is typically made by melting cheese together with chili peppers and often cream. This combination results in a high-fat content due to the cheese and any added cream.

Based on the analysis above, the option "served with salsa verde" is the appropriate answer as it is the menu cue that indicates a lower-fat content compared to the other choices which all suggest higher fat content due to the use of frying or high-fat ingredients like cheese and refried beans.

Question: 7

Which of the following does Not contain starch?

- A. Milk.
- B. Rice.
- C. Oat.
- D. Peas.

Answer: A

Explanation:

To determine which of the listed items does not contain starch, it's essential to understand what starch is and where it is commonly found. Starch is a polysaccharide carbohydrate consisting of a large number of glucose units joined by glycosidic bonds. It is produced by most green plants as an energy store and is a significant component of the human diet, commonly found in foods that come from plants.

Looking at the options given: rice, oats, and peas, all are plant-based and known to contain starch. Rice, a staple food for a large part of the world's population, is primarily composed of starch. Similarly, oats, often consumed in the form of oatmeal or rolled oats, are grains rich in carbohydrates, including starch. Peas, which are legumes, also contain a fair amount of starch, making them a good source of energy. On the other hand, milk, which is an animal-derived product, does not contain starch. Milk's primary carbohydrate is lactose, which is a sugar, not a starch. Lactose comprises glucose and galactose, which are different in structure and function from the glucose units in starch. Therefore, milk does not provide starch but instead offers other nutrients such as protein, fat, vitamins, and minerals essential for various bodily functions.

In conclusion, among the options provided — rice, oats, peas, and milk — milk is the only one that does not contain starch. Rice, oats, and peas, being plant products, naturally contain starch as part of their composition.

Question: 8

In terms of fire extinguishers, the type that would be used for flammable liquids such as liquid shortening or oil is which of the following?

- A. Class A
- B. Class B
- C. Class C
- D. Class D

Answer: B

Explanation:

The correct type of fire extinguisher for flammable liquids such as liquid shortening or oil is Class B.

Fire extinguishers are categorized into several classes based on the type of fire they are designed to extinguish. Each class addresses different types of burning materials and fire situations. Class B fire extinguishers are specifically formulated to put out fires that involve flammable liquids. Common examples of flammable liquids include oils (such as those used in cooking or machinery), liquid shortening, gasoline, paint, and various solvents. Other flammable substances such as grease and some types of cleaning supplies also fall under this category. Because these materials can ignite quickly and burn intensely, extinguishing them requires a specific approach that Class B extinguishers are equipped to handle. Class B fire extinguishers typically use chemicals that are effective in cutting off the oxygen supply to the fire and cooling the fuel surfaces to prevent re-ignition. Common extinguishing agents include carbon dioxide, dry chemical compounds such as monoammonium phosphate and sodium bicarbonate, or foam. To identify a Class B fire extinguisher, look for a label marked with a red square and a capital letter "B". This marking is standardized under the National Fire Protection Association (NFPA) guidelines in the United States, which helps in quickly identifying the right type of extinguisher in the event of a fire. It is important to note that using the wrong type of extinguisher can be ineffective or even hazardous. For instance, water-based extinguishers (commonly used for Class A fires involving ordinary combustibles like wood and paper) can spread a flammable liquid fire or create a risk of electrocution if used around live electrical equipment. Therefore, understanding and selecting the correct fire extinguisher type is crucial for safety and effective fire fighting.

Question: 9

A quantitatively abnormal response to a food or food additive where there is no immune mechanism is which of the following?

- A. food hypersensitivity
- B. metabolic food reaction
- C. food idiosyncrasy
- D. food allergy

Answer: C

Explanation:

The term "food idiosyncrasy" refers to an abnormal response to a food or food additive that is not mediated by the immune system. This differentiates it from a food allergy, which involves an immune response where the body's immune system mistakenly targets a specific protein in food as harmful, triggering a range of symptoms that can affect the skin, gastrointestinal tract, respiratory system, and even the cardiovascular system.

Food idiosyncrasy, on the other hand, does not engage the immune system. Instead, the response is typically pharmacological or physiological in nature. For example, someone might have a reaction to a food additive like sulfites, which are commonly used in dried fruits and wine, that causes symptoms like wheezing or an asthma attack. This reaction is not due to an immune response but rather to the sulfites triggering bronchospasm in susceptible individuals.

The symptoms of food idiosyncrasy can often mimic those of food allergies, making it challenging to distinguish between the two without appropriate medical evaluation. Symptoms might include gastrointestinal discomfort, headaches, or respiratory issues, but these are not caused by the body's

immune response to the food. Instead, they may result from various non-immune mechanisms, such as enzyme deficiencies, reactions to food additives, or pharmacological effects of substances found in the food.

It is essential for individuals who suspect they have a food idiosyncrasy to consult with healthcare professionals for accurate diagnosis and management. Unlike food allergies, where avoidance of the allergen is key, managing a food idiosyncrasy might involve different strategies depending on the specific trigger and individual response. Understanding these differences is crucial for effective treatment and management of the condition.

Question: 10

All of the following are examples of foods that do NOT freeze well except:

- A. tomatoes
- B. meat
- C. lettuce
- D. gelatin salads

Answer: B

Explanation:

The question is asking to identify which among the listed items freezes well, as opposed to those that do not. From the list provided — tomatoes, meat, lettuce, and gelatin salads — the correct answer is meat. This is because meat freezes well and maintains its quality when thawed and cooked, contrary to the other items listed.

Tomatoes, lettuce, and gelatin salads are known to not freeze well. Freezing these items can result in unpleasant textures and loss of flavor. For instance, tomatoes and lettuce contain a high amount of water. When frozen, the water inside these vegetables forms ice crystals, which damage cell walls. As a result, when thawed, they can become mushy and lose their crisp texture. Similarly, gelatin salads will separate and lose the smooth consistency they are known for when frozen and then thawed.

On the other hand, meat is generally very suitable for freezing. This is because the texture and flavor of meat can be preserved effectively through freezing. The process of freezing can slow down the activity of bacteria and enzymes that typically lead to spoilage. When properly packaged to minimize exposure to air, frozen meat can maintain its quality for several months. Freezing is actually a common method used commercially and domestically to extend the shelf life of meat.

It is important to note that while freezing can preserve the safety and some quality aspects of food, the texture, taste, and overall acceptability of certain foods can be significantly impacted, as seen in non-meat items like tomatoes, lettuce, and gelatin salads.

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