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Question: 1

Which of the following characteristics should a liquid have in order to foam?

- A. High vapor content
- B. Low surface tension
- C. High surface tension
- D. Low vapor content

Answer: B

Explanation:

In order for a liquid to foam, the liquid must have low surface tension. For example, egg whites at room temperature whip quicker and yield a larger volume due to the low surface tension. If the egg whites were cold, the surface tension would be higher and the mixture would collapse. If the egg whites had a high vapor content, the mixture would also collapse.

Question: 2

What is the temperature range of the "danger zone" and why is it referred to this way?

- A. 140°F-165°F because this zone prevents some bacterial growth but allows for survival of some disease-causing bacteria
- B. 35°F-141°F because this zone is ideal for the rapid growth of bacteria and production of toxins by some bacteria
- C. 41°F-135°F because disease-causing bacteria are capable of rapid multiplication in this temperature range
- D. 32°F-40°F because bacterial growth is slowed at this range, which promotes the production of toxins

Answer: C

Explanation:

According to the Food Code, the temperature range 41°F-135°F is known as the "danger zone" because disease-causing bacteria are able to multiply rapidly in this temperature range.

The range 140°F-165°F is the holding temperature for cooked foods, but does allow survival of some bacteria. The range 32°F-40°F prevents the slow growth of some bacteria that cause spoiling.

Question: 3

Which menu item would be appropriate for a patient on a "level 2 dysphagia" diet according to the NDD system?

- A. Apple with smooth peanut butter
- B. Ice cream sundae with peanuts and syrup
- C. Peanut butter and jelly on white bread
- D. Pancakes with syrup

Answer: D

Explanation:

A level 2 dysphagia diet in the NDD system (National Dysphagia Diet) includes only moist and soft foods. Regular foods should be modified to make them easier to chew and swallow by blending, chopping, grinding, mashing, shredding, or cooking the food. Examples of foods appropriate for this level include soft pancakes with syrup, ground meat with soft cooked vegetables, and canned fruits.

Foods that are not appropriate include peanut butter and jelly on white bread (no bread), ice cream sundae with peanuts and syrup (no nuts), and apple with smooth peanut butter (no raw fruit or sticky foods).

The NDD system is being phased out in favor of the IDDSI (International Dysphagia Diet Standardisation Initiative). However, since not all facilities have transitioned to the IDDSI, providers should be aware of both systems.

Question: 4

Which of these areas is most useful in a physical exam for determining subcutaneous fat loss?

- A. Gastrocnemius
- B. Orbital
- C. Temple
- D. Quadriceps

Answer: B

Explanation:

In a physical exam, there are certain body areas that can help determine subcutaneous fat loss versus muscle loss. The areas for detecting subcutaneous fat loss are the orbital region (surrounding the eyes), upper arm region (triceps/biceps), and thoracic and lumbar regions (ribs, lower back, midaxillary line).

The temple region, quadriceps, and gastrocnemius are used to assess muscle loss.

Question: 5

A patient has a pale tongue and spoon-shaped nails. What deficiency would you suspect this patient has?

- A. Iron
- B. Vitamin C
- C. Calcium
- D. Protein

Answer: A

Explanation:

An iron deficiency may be identifiable during a physical exam by a pale tongue, fatigue, anemia, spoon-shaped nails, and/or pale conjunctivae (mucous membrane lining the eyelid). Vitamin C deficiency may be identifiable by gums that are sore, red, swollen, and/or bleeding. Protein deficiency may be identifiable by easily pluckable hair, brittle or thin nails, or underweight status. Calcium deficiency may be identifiable by missing teeth or loss of enamel.

Question: 6

Which of the following is the correct arrangement of meat grades from highest to lowest quality?

- A. Select, Prime, Standard, Choice
- B. Choice, Prime, Select, Standard
- C. Prime, Choice, Select, Standard
- D. Prime, Choice, Standard, Select

Answer: C

Explanation:

Meats are graded from highest to lowest: Prime, Choice, Select, Standard.

Question: 7

Which class of fire extinguisher would be used to put out a fire involving vegetable oil in a deep fat fryer and is required to be installed in all applicable restaurant kitchens?

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

Answer: D

Explanation:

Class K fire extinguishers should be used to put out fires involving vegetable oil in deep fat fryers and are now required to be installed in all applicable restaurant kitchens (OHSA).

- Class A - Ordinary Combustibles: Fires in paper, cloth, wood, rubber, and many plastics require a water type extinguisher labeled A.
- Class B - Flammable Liquids: Fires in oils, gasoline, some paints, lacquers, grease, solvents, and other flammable liquids require an extinguisher labeled B.
- Class C - Electrical Equipment: Fires in wiring, fuse boxes, energized electrical equipment, computers, and other electrical sources require an extinguisher labeled C.

- Class D - Metals: Fires involving powders, flakes or shavings of combustible metals such as magnesium, titanium, potassium, and sodium require special extinguishers labeled D.
- Class K - Kitchen Fires: Fires involving combustible cooking fluids such as oils and fats require extinguishers labeled K.

Question: 8

Which of the following program interventions is an example of tertiary prevention?

- A. Free HIV screening
- B. Passing out condoms on a college campus
- C. Setting up a blood pressure machine at a grocery store
- D. Providing renal cookbooks at a dialysis clinic

Answer: D

Explanation:

Program interventions may be aimed at primary, secondary, or tertiary prevention.

- Primary prevention programs reduce risk of exposure to a disease through health promotion and early screening, such as free HIV screening or setting up a blood pressure machine at a grocery store.
- Secondary prevention reduces the risk of developing a disease due to an elevated risk factor. For example, passing out condoms on a college campus, where the risk of unprotected sex is higher.
- Tertiary prevention reduces risk as a disease develops and works to manage complications, such as providing renal cookbooks at a dialysis clinic.

Question: 9

You are part of the safety committee at your facility. What part of the "Three Es" of safety does the safety committee fall under?

- A. Employees
- B. Enforcement
- C. Engineering
- D. Education

Answer: B

Explanation:

The safety committee in a facility is made up of employees who observe and report unsafe conditions and practices. This falls under enforcement of the safety program.

Education involves written procedures for safety and the communication of those procedures to employees. Engineering refers to the building and equipment safety features that are part of how the building was built and the equipment was installed. Employees is a distractor.

Question: 10

Which of the following is an example of lobbying?

- A. A group of RDs meets with legislators to encourage support of an issue
- B. An appropriations committee provides funding for a nutrition bill
- C. A food service manager informs employees of goals, policies, and responsibilities
- D. Nutritionists present their views in front of a bill's sponsors

Answer: A

Explanation:

Lobbying is performing activities aimed at influencing public officials and legislators. An example of lobbying is when a group of RDs meets with legislators to encourage support of an issue.

Orientation is informing employees of goals, policies, and responsibilities. A public hearing is when testimony is heard by a bill's sponsors. An appropriations committee provides money for programs, which attaches funding to legislation. An example would be an appropriations committee providing funding for a nutrition bill.

Question: 11

What component makes up the largest percentage of total energy expenditure?

- A. Exercise
- B. REE
- C. NEAT
- D. TEF

Answer: B

Explanation:

Energy is expended by the body in the form of basal energy expenditure or resting energy expenditure (REE), the thermic effect of food (TEF), and activity thermogenesis (exercise and non-exercise activity). These components make up a person's total daily energy expenditure (TDEE). REE accounts for the largest percentage of total energy expenditure.

Question: 12

Which of the following is not a goal of obesity treatment?

- A. Lose 5 to 10% of initial weight
- B. Improve health parameters
- C. Lose 5% of weight if over 65
- D. Stop weight gain

Answer: C

Explanation:

Weight loss for individuals over age 65 is not recommended. It may cause harm and not provide any benefit.

Obesity treatment should aim to improve health parameters, such as blood glucose, blood pressure, or cholesterol levels. A general guideline is to aim for 5 to 10% weight loss from initial weight, as this is typically enough to start to see improvement in health parameters. Even stopping weight gain can be a goal.

Question: 13

What are the DRIs of carbohydrates, protein, and fat for an adult, respectively?

- A. 45-65%; 20-35%; 10-35%
- B. 50-75%; 10-20%; 25-35%
- C. 45-65%; 10-35%; 20-35%
- D. 20-35%; 45-65%; 10-35%

Answer: C

Explanation:

The DRI for carbohydrates is 45-65%, the DRI for protein is 10-35%, and for fat, 20-35%.

Question: 14

Butter, oil, and egg yolks are all examples of fat-containing ingredients commonly found in baking recipes. What is the function of fat in baking?

- A. To control the fermentation rate of yeast
- B. To develop gluten
- C. To provide stability
- D. To add tenderness

Answer: D

Explanation:

Common ingredients in baking recipes include flour, liquid, leavening agents, salt, egg, fat, and sugar. Each of these ingredients serves a functional purpose. For example, fat adds tenderness by coating gluten particles. Examples of fats are butter, oil, and egg yolk.

The purpose of egg is to provide stability, retain the leavening agent, emulsify shortening, introduce air, add color, and add flavor. The purpose of salt is to add flavor, control the fermentation rate of yeast, and strengthen gluten. The purpose of water is to hydrate and develop gluten, start the action of chemical leavening agents, dissolve salt and sugar, and gelatinize starch.

Question: 15

Salad dressings that have to be shaken to distribute the ingredients uniformly each time they are used are classified as:

- A. Semipermanent emulsions
- B. Temporary emulsions
- C. Permanent emulsions
- D. Suspension

Answer: B

Explanation:

Temporary emulsions are emulsions that separate very quickly into two layers. French and Italian dressings are common examples.

Semipermanent emulsions tend to remain intact for a few days, such as a starch-thickened sauce and a cooked sugar syrup. Permanent emulsions are viscous emulsions containing an emulsifying agent that rarely separates into two layers, such as mayonnaise. A suspension is a gas in a solid, such as a sponge cake.

Question: 16

Which of the following sweeteners provides 4 kcal of energy per gram?

- A. Stevia
- B. Sucralose
- C. Acesulfame-K
- D. Aspartame

Answer: D

Explanation:

Aspartame provides 4 kcal of energy per gram. It is 200 times sweeter than sucrose, so much less of it is needed for the same amount of sweetening.

Sucralose, Acesulfame-K, and Stevia are all non-nutritive sweeteners, meaning they do not contribute calories.

Question: 17

You are developing a menu based on the anti-inflammatory diet. You want to avoid foods that are limited on that diet.

Therefore, which of the following foods should not be included and why?

- A. Ice cream, because it is high in lactose.
- B. Baked chicken breast, because it is an animal protein.
- C. Fresh fruit salad, because it is high in sugar.
- D. Cake with frosting, because it is high in sugar.

Answer: D

Explanation:

Cake with frosting is high in sugar, so it would not be used on this menu. The anti-inflammatory diet includes unprocessed foods, and limits processed foods and sugar. It emphasizes fruits, vegetables, and lean protein (chicken, fish, legumes), as well as nuts, essential fatty acids, and fiber.

Ice cream would not be used because it is high in sugar, not because of its lactose content. Fresh fruit salad could be included, because the diet encourages fruit intake. Baked chicken breast could be included, because it is a lean protein. Animal proteins are not excluded from the antiinflammatory diet.

Question: 18

In the business of community nutrition, a dietitian in a management position must be able to do all of the following except:

- A. Set a direction for the business or program
- B. Motivate people to help the organization reach its goals
- C. Organize the delivery of the product or service
- D. Influence political decisions by lobbying

Answer: D

Explanation:

Individuals need strong management skills, whether they work in the public or the private nutrition sector, and must be able to do the following:

1. Set a direction for the business or program.
2. Define goals and objectives.
3. Organize the delivery of the product or service.
4. Motivate people to help the organization reach its goals.
5. Allocate materials, equipment, personnel, and funds to operations.
6. Control data systems.
7. Provide leadership.

Influencing political decisions is a type of advocacy that may be more prevalent when a public health dietitian is lobbying to encourage support of a certain issue (e.g., a nutrition bill).

Question: 19

Which of the following is an example of a "Healthy People 2030" goal?

- A. Decrease in red meat consumption
- B. Maintenance of healthy body weight
- C. Increase in omega-3 consumption
- D. Increase in lean protein consumption

Answer: B

Explanation:

Healthy People 2030 provides a comprehensive set of ten-year national goals and objectives for improving the health of all Americans. These goals are related to the overall quality of nutritional intake rather than specific nutrient intake. Therefore, maintenance of healthy body weight is the best choice since it's the only answer not related to specific types of foods.

Healthy People's nutrition and weight status objective: "Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights."

Question: 20

How should you treat calciphylaxis?

- A. Increase calcium and phosphate in the diet
- B. Decrease phosphate in the diet and increase the use of phosphate binders
- C. Decrease dialysis duration
- D. Decrease dialysis frequency

Answer: B

Explanation:

Calciphylaxis is the calcification of blood vessels, blood clots, and skin necrosis, typically seen in the stage V CKD patient. It occurs when excess calcium phosphate begins to deposit in soft tissues. The recommended treatment is decreased intake of phosphate in the diet and increased use of phosphate binders. Also, some benefits may be achieved with increasing the frequency or duration of dialysis sessions.

The other options are contraindicated for the treatment of calciphylaxis.

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