

AAFCS HNFS PRACTICE EXAM (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.

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!

Questions

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- 1. What does the term "caloric surplus" mean?**
 - A. Consuming fewer calories than expended
 - B. Eating a balanced diet
 - C. Consuming more calories than expended
 - D. Maintaining a constant calorie intake
- 2. What texture does sugar develop during ripening after a few days?**
 - A. Fine and powdery
 - B. Soft and smooth
 - C. Coarse and gritty
 - D. Hard and crystalline
- 3. Which lipid is specifically found in egg yolk?**
 - A. Cholesterol
 - B. Triglyceride
 - C. Lecithin
 - D. Saturated fat
- 4. What is a characteristic of complete proteins?**
 - A. They contain only plant-based sources
 - B. They provide all essential amino acids
 - C. They are only found in animal products
 - D. They are low in calories
- 5. What is collagen best known for?**
 - A. Being a source of energy
 - B. Its role in muscle contraction
 - C. Its fibrous structure in connective tissues
 - D. Its ability to dissolve in water
- 6. What condition can arise from a deficiency in iron in children?**
 - A. Anemia
 - B. Scurvy
 - C. Rickets
 - D. Beriberi

7. Which of the following is a result of malnutrition?

- A. Increased energy levels
- B. Development of chronic diseases
- C. Balanced diet maintenance
- D. Improved nutrient absorption

8. Which fish is highest in omega-3 fatty acids?

- A. Mackerel
- B. Cod
- C. Salmon
- D. Tuna

9. What are chylomicrons responsible for transporting?

- A. Proteins
- B. Triglycerides and cholesterol
- C. Amino acids
- D. Vitamins and minerals

10. Which macronutrient provides the most energy per gram?

- A. Proteins
- B. Carbohydrates
- C. Sugars
- D. Fats

Answers

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

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Explanations

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1. What does the term "caloric surplus" mean?

- A. Consuming fewer calories than expended
- B. Eating a balanced diet
- C. Consuming more calories than expended**
- D. Maintaining a constant calorie intake

The term "caloric surplus" refers to a situation where an individual consumes more calories than their body expends through daily activities, exercise, and metabolic processes. When in a caloric surplus, the excess energy is typically stored in the body as fat or used to build muscle, depending on one's activity level and dietary composition. This concept is crucial for individuals looking to gain weight, whether for general health, bodybuilding, or recovery from injury, as it provides the necessary energy for the body to grow and repair tissues. Understanding caloric surplus is key in nutrition and dietetics as it illustrates the fundamental relationship between energy intake and energy expenditure, guiding individuals in their dietary choices based on their specific health and fitness goals. In contrast, consuming fewer calories than expended would lead to weight loss, whereas maintaining a constant calorie intake or eating a balanced diet does not directly define the concept of caloric surplus as it does not necessarily indicate the balance of intake versus expenditure.

2. What texture does sugar develop during ripening after a few days?

- A. Fine and powdery
- B. Soft and smooth**
- C. Coarse and gritty
- D. Hard and crystalline

The development of texture in sugar during the ripening process is influenced by the moisture and evaporation rates in the environment. During the ripening of many fruits or products containing sugar, the sugar often transforms due to changes in moisture content, which can lead to a softening effect. As fruits ripen, the conversion of starches to sugars and the breakdown of pectin contribute to a change in texture, resulting in a soft and smooth feel. This characteristic texture is desirable in many fruit products, indicating a ready stage for consumption. The smooth texture is associated with the even distribution of sugars and the breakdown of fibrous components within the fruit, providing a palatable experience. Other textures like fine and powdery, coarse and gritty, or hard and crystalline do not typically describe the ripening process of sugar itself. Instead, they might reflect other states or conditions of sugar or food products, but do not accurately represent the expected outcome during ripening.

3. Which lipid is specifically found in egg yolk?

- A. Cholesterol
- B. Triglyceride
- C. Lecithin**
- D. Saturated fat

Lecithin is the correct answer because it is a specific type of phospholipid that is notably present in egg yolk. Lecithin plays a crucial role in emulsifying fats and is commonly used in food products as an emulsifier due to its ability to help blend water and fats together. In egg yolk, lecithin contributes to the texture and stability of products like mayonnaise and sauces. While cholesterol, triglycerides, and saturated fat are all lipids found in various foods, they do not have the same distinctive association with egg yolk as lecithin does. Cholesterol is present in many animal products but is not unique to egg yolk. Triglycerides are the main form of fat storage in the body and can be found in various food sources, including oils and fats. Saturated fats occur in different foods but again, do not specifically highlight the unique composition of egg yolk like lecithin does. Thus, the prominence of lecithin in egg yolk makes it the best answer for this question.

4. What is a characteristic of complete proteins?

- A. They contain only plant-based sources
- B. They provide all essential amino acids**
- C. They are only found in animal products
- D. They are low in calories

Complete proteins are defined by their ability to provide all nine essential amino acids that the body cannot synthesize on its own. This characteristic is critical for maintaining various bodily functions, including muscle repair, immune function, and overall health. While many complete proteins are indeed found in animal products, there are also plant-based sources that can provide all essential amino acids, such as quinoa and soy. Therefore, stating that they are only found in animal products does not encompass the full scope of complete proteins. Regarding calorie content, it is not accurate to characterize complete proteins as low in calories, as the caloric content varies significantly depending on the source of the protein. Thus, the defining feature of complete proteins is their comprehensive amino acid profile, distinguishing them as crucial components of a balanced diet.

5. What is collagen best known for?

- A. Being a source of energy
- B. Its role in muscle contraction
- C. Its fibrous structure in connective tissues**
- D. Its ability to dissolve in water

Collagen is best known for its fibrous structure in connective tissues, which is essential for maintaining the integrity and strength of various body structures. It serves as a primary structural protein in a variety of tissues, including skin, tendons, ligaments, and cartilage. The unique triple-helix structure of collagen contributes to its high tensile strength, making it crucial for supporting and anchoring cells within these tissues. This structural role is vital for resilience and elasticity in connective tissues, allowing them to withstand stretching and deformation without tearing. This property is particularly important in areas subjected to mechanical stress, ensuring stability and support throughout the body. The presence of collagen contributes significantly to the overall health and function of areas like the skin, where it helps maintain firmness and hydration, and in joints, where it provides cushioning and support. While collagen is an important component of the body, it does not serve as a direct source of energy nor is it involved in muscle contraction. Additionally, collagen is not soluble in water; rather, it is a fibrous protein that requires specific conditions to dissolve, typically involving enzymatic breakdown.

6. What condition can arise from a deficiency in iron in children?

- A. Anemia**
- B. Scurvy
- C. Rickets
- D. Beriberi

A deficiency in iron in children commonly leads to anemia, specifically iron-deficiency anemia. This occurs when there is insufficient iron in the body to produce adequate hemoglobin, the protein in red blood cells responsible for carrying oxygen. In children, this can manifest as fatigue, weakness, pale skin, and a decrease in cognitive and physical performance. Iron is crucial during periods of rapid growth, such as childhood, making it essential to monitor iron levels to prevent anemia, particularly in populations at higher risk or with inadequate dietary intake.

7. Which of the following is a result of malnutrition?

- A. Increased energy levels
- B. Development of chronic diseases**
- C. Balanced diet maintenance
- D. Improved nutrient absorption

Malnutrition can significantly impact health and is often characterized by an inadequate intake of essential nutrients, leading to various health problems. One of the primary consequences of malnutrition is the development of chronic diseases. These diseases can include, but are not limited to, cardiovascular diseases, diabetes, and certain types of cancer. The lack of vital nutrients can weaken the immune system, hinder the body's ability to repair and maintain tissues, and contribute to the onset of such diseases. In contrast, an increase in energy levels, the maintenance of a balanced diet, and improved nutrient absorption are generally outcomes associated with proper nutrition rather than the consequences of malnutrition. Properly nourished individuals typically experience enhanced energy levels and better overall health, contributing to effective nutrient absorption and the ability to maintain a balanced diet. Therefore, the correlation between malnutrition and the development of chronic diseases highlights the critical importance of adequate dietary intake for maintaining long-term health.

8. Which fish is highest in omega-3 fatty acids?

- A. Mackerel
- B. Cod
- C. Salmon**
- D. Tuna

Salmon is often recognized as one of the highest sources of omega-3 fatty acids among commonly consumed fish. These beneficial fats are essential for heart health, brain function, and reducing inflammation in the body. Omega-3 fatty acids, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), are found in significant amounts in salmon, making it a preferred choice for individuals seeking to increase their intake of these nutrients. While mackerel also contains a high level of omega-3 fatty acids and is a good alternative, salmon generally provides a richer source along with other beneficial nutrients like protein and vitamin D. Cod and tuna, though they do contain some omega-3s, offer lower amounts when compared to salmon. This nutritional profile highlights why salmon is frequently recommended for those looking to boost their omega-3 intake through diet.

9. What are chylomicrons responsible for transporting?

- A. Proteins
- B. Triglycerides and cholesterol**
- C. Amino acids
- D. Vitamins and minerals

Chylomicrons are specialized lipoproteins synthesized in the intestinal mucosa and play a crucial role in the transport of dietary lipids. Their primary function is to carry triglycerides and cholesterol from the intestines to other locations in the body, such as muscle tissues and adipose (fat) tissues. After the consumption of fats, chylomicrons are formed within the intestinal cells and released into the lymphatic system before entering the bloodstream. Once in circulation, they deliver triglycerides to cells for energy use or storage and transport cholesterol to the liver or peripheral tissues for various physiological functions. The other options do not accurately describe the role of chylomicrons. Proteins are usually transported via different lipoproteins, such as lipoprotein(a) or albumin. Amino acids, which are the building blocks of proteins, do not utilize chylomicrons for transport; instead, they are absorbed directly into the bloodstream. Vitamins and minerals have separate transport mechanisms, with some vitamins relying on different types of carriers for absorption and distribution in the body. Thus, the correct answer highlights the unique and critical function of chylomicrons in lipid transport.

10. Which macronutrient provides the most energy per gram?

- A. Proteins
- B. Carbohydrates
- C. Sugars
- D. Fats**

Fats provide the most energy per gram compared to other macronutrients. Specifically, fats offer about 9 calories per gram, while proteins and carbohydrates each provide about 4 calories per gram. Sugars are a type of carbohydrate, so they also fall under the same caloric value as carbohydrates. The high caloric content of fats makes them an important component of the diet, especially for providing energy reserves in the body. This energy density is crucial for energy balance and metabolism, particularly in situations where higher amounts of energy are needed, such as during extended physical activity or in periods of caloric restriction. Understanding this aspect of macronutrients can help in making informed dietary choices that align with energy needs.

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://aafcshnfs.examzify.com>

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

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