

AAFCS NUTRITION AND WELLNESS CERTIFICATION PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 BMI range indicates being overweight?**
 - A. 20-24.9
 - B. 25-29.9
 - C. 30-34.9
 - D. 15-19.9
- 2. What is typically included in the anticipatory set of effective instruction?**
 - A. Homework review
 - B. Warm-up activity that engages students
 - C. Final assessment of the lesson
 - D. Individual student performance reviews
- 3. What is suggested for optimal physical health according to the guidelines for dairy consumption?**
 - A. Consumption of cream and butter
 - B. Fortified soy products
 - C. Ice cream and cheese
 - D. Whole milk only
- 4. How are beans and lentils classified regarding FODMAP content?**
 - A. Low FODMAP
 - B. High FODMAP
 - C. Moderate FODMAP
 - D. Free of FODMAP
- 5. According to the Theory of Reasoned Action, what is essential for effective behavioral change?**
 - A. Financial resources
 - B. Specific intentions and positive attitudes
 - C. Social media influence
 - D. Peer pressure

6. What can be a health risk associated with an unbalanced high-protein diet?

- A. Improved digestion
- B. Increased kidney strain
- C. Lower cholesterol levels
- D. Enhanced energy metabolism

7. How often is it recommended to engage in physical activity for health benefits?

- A. Once a month
- B. Daily for at least 30 minutes
- C. Only during weekends
- D. Never

8. What are macronutrients?

- A. Nutrients required in smaller amounts for bodily functions
- B. Vitamins and minerals necessary for metabolic processes
- C. Nutrients required in larger amounts, including carbohydrates, proteins, and fats
- D. Essential fatty acids and amino acids

9. Which type of fish is known for being a source of polyunsaturated fats?

- A. Sardines
- B. Cod
- C. Tilapia
- D. Catfish

10. What role do probiotics play in nutrition?

- A. They are harmful bacteria found in food
- B. They support digestive health and may enhance immune function
- C. They are primarily found in meat
- D. They reduce the effectiveness of digestion

Answers

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

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Explanations

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1. What BMI range indicates being overweight?

- A. 20-24.9
- B. 25-29.9**
- C. 30-34.9
- D. 15-19.9

The body mass index (BMI) range that indicates being overweight is 25-29.9. This classification helps assess whether an individual has a healthy body weight in relation to their height. BMI is calculated using a person's weight in kilograms divided by the square of their height in meters. The range of 25 to 29.9 suggests that a person carries more weight than what is considered healthy, which can increase the risk of health issues such as heart disease, type 2 diabetes, and certain cancers. Understanding these ranges is essential for guiding individuals toward healthier lifestyle choices and interventions. The other ranges listed do not correspond to the overweight classification. A range of 20-24.9 is considered a healthy weight, while a range of 30-34.9 falls into the obesity category. The range of 15-19.9 indicates underweight status, which is associated with its own health risks. This classification system aids healthcare professionals in identifying potential health concerns related to body weight.

2. What is typically included in the anticipatory set of effective instruction?

- A. Homework review
- B. Warm-up activity that engages students**
- C. Final assessment of the lesson
- D. Individual student performance reviews

The anticipatory set in effective instruction refers to a strategy used by educators to activate students' prior knowledge and get them engaged in the lesson. This typically involves a warm-up activity that captivates students' interest, establishes a context for the new content, and sets the stage for learning. By engaging students right at the start of the lesson, the teacher can stimulate curiosity and encourage active participation. This introductory activity can take many forms, such as asking thought-provoking questions, sharing a brief video, or introducing a relevant real-world scenario that relates to the material students are about to learn. This approach not only makes the lesson more engaging but also helps to improve retention and understanding of the new information. Other options, like homework review, final assessment, and individual student performance reviews, serve different purposes in the educational process. Homework review could provide feedback on prior assignments, final assessments evaluate student learning at the end of a lesson, and individual performance reviews would assess a student's understanding of the material over time. However, they do not facilitate the immediate engagement with new content in the way a warm-up activity does.

3. What is suggested for optimal physical health according to the guidelines for dairy consumption?

- A. Consumption of cream and butter
- B. Fortified soy products**
- C. Ice cream and cheese
- D. Whole milk only

The recommendation for optimal physical health regarding dairy consumption highlights the importance of obtaining essential nutrients, particularly calcium and vitamin D, while also being mindful of overall dietary fat and calorie intake. Fortified soy products are a valuable alternative to dairy, especially for those who are lactose intolerant, vegan, or simply seeking diverse sources of these vital nutrients. Fortified soy products offer a source of protein comparable to cow's milk and are often enriched with calcium and vitamin D, making them a suitable choice to help meet dietary guidelines. They also generally contain lower levels of saturated fat compared to whole milk, cream, butter, cheese, or ice cream, contributing to better heart health if integrated into a balanced diet. While traditional dairy products do provide essential nutrients, options like cream, butter, ice cream, and whole milk can be higher in saturated fats and calories, which may not align with optimal health guidelines for everyone. Thus, fortified soy products stand out as a recommended choice for individuals looking to ensure adequate nutrient intake while promoting overall health.

4. How are beans and lentils classified regarding FODMAP content?

- A. Low FODMAP
- B. High FODMAP**
- C. Moderate FODMAP
- D. Free of FODMAP

Beans and lentils are classified as high FODMAP foods primarily due to their content of oligosaccharides, specifically galacto-oligosaccharides (GOS) and fructans. These are types of fermentable short-chain carbohydrates that can lead to digestive discomfort for individuals sensitive to FODMAPs, particularly those with irritable bowel syndrome (IBS). High FODMAP foods can cause an increase in gas production and draw water into the intestines, leading to symptoms such as bloating, diarrhea, and abdominal pain. This classification holds true across a variety of beans, including common varieties such as black beans, kidney beans, and chickpeas, as well as lentils, particularly in larger serving sizes. In contrast, some types of lentils and beans may be lower in FODMAPs when consumed in smaller portions, but generally, they are recognized as high FODMAP foods for the purposes of the low FODMAP diet approach, which aims to alleviate gastrointestinal symptoms in affected individuals.

5. According to the Theory of Reasoned Action, what is essential for effective behavioral change?

- A. Financial resources
- B. Specific intentions and positive attitudes**
- C. Social media influence
- D. Peer pressure

The Theory of Reasoned Action posits that behavioral change is significantly influenced by an individual's intentions and attitudes. Specifically, the theory asserts that a person's intention to perform a behavior is the most immediate predictor of whether they will engage in that behavior. This intention is shaped by two key factors: the individual's attitudes toward the behavior and the subjective norms surrounding it. Having specific intentions means that an individual has made a conscious decision about a behavior they wish to adopt or change. Positive attitudes toward the behavior further reinforce this intention; when individuals perceive a certain behavior as beneficial or necessary, they are more likely to commit to engaging in it. Therefore, for effective behavioral change, it is crucial that individuals have clear and positive intentions regarding the desired behavior, alongside a favorable view of its outcomes. The other options may play roles in influencing behavior but do not embody the core tenets of the Theory of Reasoned Action. Financial resources, for example, may affect a person's ability to make changes but are not fundamental to the decision-making process as outlined by this theory. Similarly, while social media influence and peer pressure can shape attitudes and perceptions, they fall outside the primary focus on individual attitudes and intentions emphasized in the Theory of Reasoned Action.

6. What can be a health risk associated with an unbalanced high-protein diet?

- A. Improved digestion
- B. Increased kidney strain**
- C. Lower cholesterol levels
- D. Enhanced energy metabolism

An unbalanced high-protein diet can lead to increased strain on the kidneys. This is particularly significant for individuals who already have compromised kidney function or those who may be predisposed to kidney issues. When protein intake is elevated, the kidneys must work harder to filter the byproducts of protein metabolism, especially urea and creatinine. Over time, this added stress can potentially exacerbate existing kidney problems or increase the risk of developing kidney disease. In contrast, options that suggest improved digestion or lower cholesterol levels do not align with the potential risks of a high-protein diet. Similarly, while a high-protein diet can temporarily enhance energy metabolism, if not balanced with enough carbohydrates and other nutrients, it may lead overall to a negative impact on health. Therefore, the health risk related to kidney strain is a critical concept to understand when considering the implications of dietary choices.

7. How often is it recommended to engage in physical activity for health benefits?

- A. Once a month
- B. Daily for at least 30 minutes**
- C. Only during weekends
- D. Never

Engaging in physical activity daily for at least 30 minutes is widely recommended by health professionals and organizations, including the U.S. Department of Health and Human Services. Regular physical activity is essential for maintaining overall health and wellness, as it has numerous benefits, including improving cardiovascular health, enhancing muscle strength, supporting weight management, and boosting mental well-being. Daily physical activity helps establish a routine that promotes consistency, making it easier for individuals to reap the long-term benefits associated with regular exercise. The recommendation for at least 30 minutes of moderate-intensity activity can be achieved through various forms such as walking, cycling, swimming, or engaging in sports, making it accessible for most people. This approach contrasts with less frequent activity levels such as exercising once a month, which would not provide sufficient engagement to maintain fitness or health. Similarly, only exercising on weekends may lead to inconsistent habits and potential physical difficulties due to gaps in activity. The suggestion of never engaging in physical activity contradicts well-established guidelines and ignores the essential role exercise plays in physical and mental health.

8. What are macronutrients?

- A. Nutrients required in smaller amounts for bodily functions
- B. Vitamins and minerals necessary for metabolic processes
- C. Nutrients required in larger amounts, including carbohydrates, proteins, and fats**
- D. Essential fatty acids and amino acids

Macronutrients are substances that the body requires in large amounts to function effectively. These include carbohydrates, proteins, and fats, which play essential roles in energy production, growth, and overall health. Carbohydrates are the body's primary energy source, providing fuel for physical activity and essential bodily functions. Proteins are crucial for building and repairing tissues, and they serve as building blocks for muscles and organs. Fats provide energy, help in the absorption of fat-soluble vitamins, and are vital for various biological processes including hormone production. Understanding the distinction between macronutrients and other types of nutrients such as vitamins and minerals, which are required in smaller amounts, is critical for grasping nutritional requirements and planning a balanced diet.

9. Which type of fish is known for being a source of polyunsaturated fats?

A. Sardines

B. Cod

C. Tilapia

D. Catfish

Sardines are recognized as a significant source of polyunsaturated fats, particularly omega-3 fatty acids. These healthy fats are known for their various health benefits, including reducing inflammation and supporting heart health. Sardines are fatty fish that are rich not only in these polyunsaturated fats but also in other essential nutrients such as protein, vitamin D, and calcium. They offer a convenient way to incorporate omega-3s into the diet, which are often under-consumed in many populations. In contrast, species like cod, tilapia, and catfish are generally leaner fish, containing less polyunsaturated fat compared to sardines. Cod, for instance, has a lower fat profile, making it a good source of lean protein but not as rich in omega-3 fatty acids. Tilapia tends to have a higher omega-6 to omega-3 ratio, which may not provide the beneficial effects associated with omega-3s. Catfish, while nutritious, is also lower in polyunsaturated fats and is more commonly characterized as a lean fish. Therefore, sardines stand out as the best choice when considering sources of polyunsaturated fats in fish.

10. What role do probiotics play in nutrition?

A. They are harmful bacteria found in food

B. They support digestive health and may enhance immune function

C. They are primarily found in meat

D. They reduce the effectiveness of digestion

Probiotics play a significant role in nutrition by supporting digestive health and potentially enhancing immune function. These are live microorganisms, often referred to as "good" or "friendly" bacteria, that can provide health benefits when consumed in adequate amounts. In the digestive system, probiotics help maintain a balanced microbiota, which is essential for effective digestion, nutrient absorption, and overall gut health. They can assist in breaking down food, producing certain vitamins, and preventing the overgrowth of harmful bacteria. Additionally, research has indicated that probiotics can influence the immune system, helping to bolster immune responses and reduce the risk of certain infections. The other options do not accurately reflect the role of probiotics. Probiotics are not harmful bacteria found in food, nor are they primarily found in meat. Furthermore, they do not reduce the effectiveness of digestion; rather, they promote a healthier digestive environment.

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://aafcsnutritionandwellness.examzify.com>

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

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