

Board Certified Gerontological Nutritionist (BCGN) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. Which of the following settings is part of the continuum of care services?**
 - A. Nursing homes only**
 - B. Community-based adult day care and senior centers**
 - C. Home cleaning services**
 - D. Only hospital services**
- 2. Which dietary component should contribute less than 7% of total calories according to TLC guidelines?**
 - A. Polyunsaturated fat**
 - B. Saturated fat**
 - C. Monounsaturated fat**
 - D. Carbohydrates**
- 3. What is the primary purpose of advanced directives?**
 - A. To detail a person's financial obligations**
 - B. To provide guidance on medical decisions and end of life interventions**
 - C. To serve as a legal testament to a person's estate**
 - D. To establish a will for property distribution**
- 4. What do RDAs provide guidance on?**
 - A. Adequate hydration needs**
 - B. Daily exercise requirements**
 - C. Nutrient intake to prevent deficiencies**
 - D. Meal timing for optimal metabolism**
- 5. What are benefits of community programs focused on nutrition for older adults?**
 - A. They only provide meals**
 - B. They can educate and improve dietary habits**
 - C. They are primarily for socializing without nutritional focus**
 - D. They restrict access to nutritional resources**

- 6. What services related to diabetes does Medicare cover for eligible recipients?**
- A. Home health care services only**
 - B. Diabetes screening and supplies**
 - C. Meal preparation services**
 - D. Physical therapy for diabetes management**
- 7. What is often a significant aspect of both living wills and durable power of attorney for healthcare?**
- A. They require the assistance of a notary public**
 - B. They can express the individual's preferences regarding medical treatment**
 - C. They serve to outline the will for an individual's estate**
 - D. They must be reviewed annually**
- 8. What dietary adjustments can assist in managing diabetes in older adults?**
- A. High-protein diet with limited carbohydrates**
 - B. Balancing carbohydrate intake and focusing on whole foods**
 - C. Fasting intermittently**
 - D. Eliminating all carbohydrates**
- 9. How can medications impact nutritional status in elderly individuals?**
- A. They can enhance appetite and nutrient absorption**
 - B. They can cause side effects that affect appetite and nutrient absorption**
 - C. They have no significant effect on nutritional status**
 - D. They can only cause weight loss without affecting nutrients**
- 10. Which food group is emphasized in the Mediterranean diet?**
- A. Processed meats**
 - B. Fried foods**
 - C. Fruits and vegetables**
 - D. Refined grains**

Answers

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

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Explanations

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1. Which of the following settings is part of the continuum of care services?

A. Nursing homes only

B. Community-based adult day care and senior centers

C. Home cleaning services

D. Only hospital services

The choice of community-based adult day care and senior centers as part of the continuum of care services is correct as these settings provide essential support and resources for older adults in the community. They facilitate social interaction, health monitoring, and recreational activities, which are crucial for enhancing the quality of life for seniors who may be experiencing challenges associated with aging. These services bridge the gap between independent living and higher levels of care, allowing older adults to maintain some level of autonomy while having access to professional support when necessary. Adult day care and senior centers can also alleviate caregiver burden by providing a safe environment for seniors during the day, which contributes positively to their physical and mental health. In contrast, nursing homes primarily offer long-term residential care, home cleaning services do not provide health or social services relevant to geriatric care, and hospital services focus on acute medical care rather than ongoing support and community integration for older adults.

2. Which dietary component should contribute less than 7% of total calories according to TLC guidelines?

A. Polyunsaturated fat

B. Saturated fat

C. Monounsaturated fat

D. Carbohydrates

Saturated fat should contribute less than 7% of total calories according to the Therapeutic Lifestyle Changes (TLC) guidelines. These guidelines are designed to promote heart health and overall wellness, particularly for individuals at risk of cardiovascular disease. High intake of saturated fat has been shown to raise levels of low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol, which can lead to an increased risk of heart disease and stroke. By limiting saturated fat to below 7% of total caloric intake, individuals can help manage blood lipid levels more effectively. In contrast, polyunsaturated and monounsaturated fats are generally considered healthier fat sources that can provide beneficial effects on lipid profiles and cardiovascular health when consumed in moderation. Carbohydrates are a necessary part of a balanced diet, and their recommendations are typically based on total caloric intake rather than a percentage limitation like those for saturated fat.

3. What is the primary purpose of advanced directives?

- A. To detail a person's financial obligations
- B. To provide guidance on medical decisions and end of life interventions**
- C. To serve as a legal testament to a person's estate
- D. To establish a will for property distribution

The primary purpose of advanced directives is to provide guidance on medical decisions and end-of-life interventions. These documents allow individuals to express their preferences regarding medical treatment in case they become unable to communicate their wishes due to illness or incapacity. Advanced directives can include living wills and durable powers of attorney for healthcare, which specify what kind of medical care the individual wishes to receive, or not receive, under certain circumstances. This ensures that their healthcare aligns with their personal values and desires when they are unable to make those decisions for themselves. In contrast, detailing financial obligations, serving as a testament to a person's estate, or establishing a will for property distribution primarily focus on legal and financial matters. While these documents are important, they do not address the medical decisions and healthcare preferences that advanced directives specifically cater to, emphasizing the need for clarity regarding a person's health-related choices.

4. What do RDAs provide guidance on?

- A. Adequate hydration needs
- B. Daily exercise requirements
- C. Nutrient intake to prevent deficiencies**
- D. Meal timing for optimal metabolism

Recommended Dietary Allowances (RDAs) are established to provide guidance on nutrient intake levels that are sufficient to prevent deficiency diseases in healthy individuals. These values are determined through scientific research and are intended to meet the nutritional needs of most individuals in a specific age and gender group. RDAs help individuals understand the minimum amount of nutrients they should consume daily to maintain health and avoid nutritional deficiencies, which can lead to various health issues. While adequate hydration needs, daily exercise requirements, and meal timing can influence overall health and wellness, they are not the primary focus of RDAs. RDAs specifically address nutrient intake, emphasizing the importance of vitamins, minerals, proteins, and other essential nutrients that must be incorporated into one's diet to ensure optimal health.

5. What are benefits of community programs focused on nutrition for older adults?
- A. They only provide meals
 - B. They can educate and improve dietary habits**
 - C. They are primarily for socializing without nutritional focus
 - D. They restrict access to nutritional resources

Community programs focused on nutrition for older adults play a vital role in both educating and improving dietary habits among this population. These programs often provide valuable information about nutrition, meal planning, and healthy eating practices, which can significantly impact the overall health and well-being of older adults. Through educational workshops, cooking demonstrations, and hands-on activities, these initiatives empower seniors to make informed choices about their diets. Improved dietary habits can lead to better management of chronic conditions, enhanced cognitive function, and increased energy levels, contributing to a higher quality of life. Additionally, these community programs often foster social interaction, which is an essential aspect of overall wellness, but their primary focus remains on enhancing nutritional knowledge and practices. They serve as a platform for older adults to learn about age-appropriate dietary needs and how to meet those needs effectively, ultimately leading to healthier aging.

6. What services related to diabetes does Medicare cover for eligible recipients?
- A. Home health care services only
 - B. Diabetes screening and supplies**
 - C. Meal preparation services
 - D. Physical therapy for diabetes management

Medicare covers diabetes screening and supplies for eligible recipients to ensure early detection and proper management of diabetes, which is crucial for preventing complications associated with the disease. This coverage includes not only the screening tests, such as blood glucose tests, but also essential supplies like blood sugar monitors, test strips, and insulin, which are vital for daily management of diabetes. By providing access to these services, Medicare supports the health and well-being of individuals living with diabetes, allowing them to maintain better control over their condition and reduce the risk of severe complications. This comprehensive approach to diabetes management is essential in gerontological nutrition, as older adults are at a higher risk for diabetes and need adequate resources to manage their health effectively. While other services like home health care and meal preparation might assist individuals with diabetes, they do not directly address the essential aspects of diabetes management covered under Medicare, such as screening and necessary medical supplies. Physical therapy can be beneficial for related conditions but does not specifically fall under the realm of diabetes management services as directly as the coverage for screening and supplies.

7. What is often a significant aspect of both living wills and durable power of attorney for healthcare?

- A. They require the assistance of a notary public**
- B. They can express the individual's preferences regarding medical treatment**
- C. They serve to outline the will for an individual's estate**
- D. They must be reviewed annually**

The choice that indicates both living wills and durable power of attorney for healthcare can express an individual's preferences regarding medical treatment is correct because these legal documents are designed specifically to communicate a person's wishes regarding healthcare decisions in the event they become unable to make those decisions themselves. A living will typically details specific medical treatments a person desires or does not desire under certain circumstances, particularly at the end of life. A durable power of attorney for healthcare, on the other hand, appoints someone to make healthcare decisions on behalf of an individual, allowing that appointed person to consider the individual's preferences when making decisions. Both options work together to ensure that an individual's healthcare choices are respected, even when they cannot voice them themselves. The other options do not accurately capture the fundamental purpose of these documents. While some jurisdictions may require a notary public for certain documents, it is not a significant aspect inherent to the nature of living wills or durable power of attorney. The outline of an individual's estate pertains more to wills or estate planning documents and not directly to healthcare decisions. Lastly, there is no universal requirement for annual reviews of these documents, though regular review may be advisable for ensuring they reflect current wishes.

8. What dietary adjustments can assist in managing diabetes in older adults?

- A. High-protein diet with limited carbohydrates**
- B. Balancing carbohydrate intake and focusing on whole foods**
- C. Fasting intermittently**
- D. Eliminating all carbohydrates**

Balancing carbohydrate intake while focusing on whole foods is crucial for managing diabetes, especially in older adults. This approach allows individuals to regulate their blood sugar levels effectively without the drastic fluctuations that come from consuming excessive carbohydrates. Whole foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats, provide essential nutrients that support overall health, which is particularly important for the aging population whose bodies may have different nutritional requirements than younger individuals. This method also promotes a more sustainable approach to eating, helping older adults maintain a balanced diet while still enjoying a variety of foods. It encourages the consumption of high-fiber options that can slow down glucose absorption and improve glycemic control. Additionally, balancing carbohydrate intake helps with weight management and reduces the risk of complications associated with diabetes, such as cardiovascular disease, which older adults are particularly susceptible to. In contrast, high-protein diets can be inadequate in necessary carbohydrates and may not provide the well-rounded nutrition needed by older adults. Intermittent fasting presents challenges for aging individuals who may have difficulty with extended periods without food or who might require regular intake to manage their health effectively. Eliminating all carbohydrates is not a sustainable or healthy long-term strategy, as carbohydrates are a vital energy source and necessary for metabolic processes.

9. How can medications impact nutritional status in elderly individuals?

- A. They can enhance appetite and nutrient absorption**
- B. They can cause side effects that affect appetite and nutrient absorption**
- C. They have no significant effect on nutritional status**
- D. They can only cause weight loss without affecting nutrients**

Medications can significantly affect nutritional status in elderly individuals primarily due to their potential side effects. Many medications can lead to alterations in appetite, taste, and nutrient absorption, which are crucial for maintaining adequate nutrition, especially as people age. For example, certain medications may induce nausea or vomiting, leading to decreased food intake. Others might result in changes to the digestive system, impacting how nutrients are absorbed in the intestines. Side effects like dry mouth or altered taste perception can make food less palatable, again reducing overall food consumption. Furthermore, some medications can interact with nutrients, resulting in reduced bioavailability or increased nutritional needs, effectively complicating the dietary management of older adults. Understanding these interactions is essential for ensuring that elderly individuals maintain a balanced diet and receive adequate nutrition, which is vital for their overall health and well-being.

10. Which food group is emphasized in the Mediterranean diet?

- A. Processed meats**
- B. Fried foods**
- C. Fruits and vegetables**
- D. Refined grains**

The Mediterranean diet emphasizes fruits and vegetables as a fundamental component. This dietary pattern is recognized for its health benefits, particularly in reducing the risk of chronic diseases and promoting overall well-being. Fruits and vegetables are rich in essential vitamins, minerals, antioxidants, and dietary fiber, which are crucial for maintaining health in older adults. By consuming a variety of colorful fruits and vegetables, individuals can enhance their nutrient intake, which supports good digestion, cardiovascular health, and improved immune function. The Mediterranean diet encourages the consumption of these foods as a primary source of nutrients, while also recommending whole grains, healthy fats (like olive oil), fish, and moderate amounts of dairy and poultry. In contrast, the other options do not align with the Mediterranean diet's principles. Processed meats and fried foods are typically higher in unhealthy fats and sodium, which can contribute to various health issues. Refined grains lack the nutritional density found in whole grains and are less emphasized in this dietary approach. Thus, fruits and vegetables stand out as key components essential for promoting health and longevity in the Mediterranean diet.

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://bcgngerontologicalnutritionist.examzify.com>

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