

CDR Gerontology Nutrition Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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. What are the triglyceride values indicated for metabolic syndrome according to ATP III?**
 - A. Less than 100**
 - B. 150 or greater**
 - C. 200 or greater**
 - D. 100 to 150**
- 2. Which endocrine disorder can alter olfaction?**
 - A. Hyperthyroidism**
 - B. Diabetes Mellitus**
 - C. Chronic Kidney Disease**
 - D. Congestive Heart Failure**
- 3. Which program is directly aimed at supporting needs within daycare settings?**
 - A. SNAP**
 - B. Emergency Food Assistance Program (TEFAP)**
 - C. Child and Adult Care Food Program (CACFP)**
 - D. Nutrition Services Incentive Program (NSIP)**
- 4. What are common food safety issues affecting older adults?**
 - A. Increased food preferences**
 - B. Reduced immune function and increased risk of foodborne illness**
 - C. Higher metabolism rates**
 - D. Allergy development**
- 5. Which of the following nutrient deficiencies can lead to glossitis?**
 - A. Vitamin K**
 - B. Vitamin E**
 - C. Vitamin A**
 - D. Folate**

- 6. How does medication impact nutrition in older adults?**
- A. It can improve appetite**
 - B. It has no effect on nutrition**
 - C. Medications can cause side effects that interfere with appetite and nutrient absorption**
 - D. It increases nutritional needs**
- 7. What are the four domains of nutrition diagnosis?**
- A. Intake, clinical, goals, outcomes**
 - B. Intake, clinical, behavioral/environmental, other**
 - C. Medical history, intake, environmental, cultural**
 - D. Behavioral, outcomes, clinical, social**
- 8. What do the grants provided under the OAANP aim to support?**
- A. Artistic programs for elder care**
 - B. Nutrition services for at-risk older adults**
 - C. Housing renovations for seniors**
 - D. Transportation improvements for senior centers**
- 9. What type of texture is expected from foods in a Level 2 Dysphagia Diet?**
- A. Liquid**
 - B. Soft and thick**
 - C. Moist and easily formed into bolus**
 - D. Dry and crumbly**
- 10. What does SNAP primarily assist individuals with regarding their economic status?**
- A. Aiding those above the federal poverty level**
 - B. Providing meal delivery services for seniors**
 - C. Assisting those at or below 130% of the federal poverty level**
 - D. Funding physical exercise programs**

Answers

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

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Explanations

1. What are the triglyceride values indicated for metabolic syndrome according to ATP III?

- A. Less than 100
- B. 150 or greater**
- C. 200 or greater
- D. 100 to 150

The definition of metabolic syndrome, as outlined by the National Cholesterol Education Program's Adult Treatment Panel III (ATP III), includes specific criteria for triglyceride levels among other risk factors. For triglycerides, a value of 150 mg/dL or greater establishes an important criterion for diagnosing metabolic syndrome. This threshold is significant because elevated triglyceride levels are associated with increased cardiovascular risk and reflect underlying issues such as insulin resistance, which is a key feature of metabolic syndrome. Therefore, identifying triglyceride levels at 150 or greater allows healthcare professionals to recognize and intervene in individuals at risk for cardiovascular disease and related complications. Other choices present different triglyceride value ranges that do not align with ATP III criteria for metabolic syndrome. Values less than 100 mg/dL indicate a lower risk, while values of 200 mg/dL or greater may suggest more severe hypertriglyceridemia, which by itself does not define metabolic syndrome without considering other risk factors. Similarly, a range of 100 to 150 mg/dL does not meet the threshold for diagnosing metabolic syndrome, as it would only include those who fall below the 150 mg/dL cutoff. Therefore, the correct interpretation of triglyceride values in the context of metabolic syndrome is to recognize that a

2. Which endocrine disorder can alter olfaction?

- A. Hyperthyroidism
- B. Diabetes Mellitus**
- C. Chronic Kidney Disease
- D. Congestive Heart Failure

Diabetes Mellitus is the correct choice because alterations in olfactory function can occur due to a variety of factors associated with this condition. High blood sugar levels in diabetes can lead to neurological changes, affecting the olfactory pathways and sensory perception. Furthermore, complications such as neuropathy and cardiovascular issues may also interfere with the transmission of signals related to smell. In addition, individuals with diabetes are at risk for conditions like diabetic ketoacidosis, which can lead to changes in olfactory perception due to metabolic derangements. The presence of other health complications such as sinus infections, which are more prevalent in those with diabetes, could additionally impact the sense of smell. While other conditions may have an indirect impact on overall sensory perception or general health, they do not have as strong a direct link to alterations in olfaction as Diabetes Mellitus does.

3. Which program is directly aimed at supporting needs within daycare settings?

- A. SNAP**
- B. Emergency Food Assistance Program (TEFAP)**
- C. Child and Adult Care Food Program (CACFP)**
- D. Nutrition Services Incentive Program (NSIP)**

The Child and Adult Care Food Program (CACFP) is specifically designed to support nutrition in daycare settings. It provides federal funds to child care centers, daycare homes, and adult daycare programs to help ensure that children and adults receive balanced, nutritious meals and snacks. This program is crucial for enhancing the standards of meal quality in daycare environments, supporting the growth and development of children while also addressing the nutritional needs of vulnerable adults in care situations. CACFP not only aids in improving dietary intake but also encourages more daycare facilities to participate in providing meals, thus improving access to quality nutrition for children attending these programs. This support can significantly impact the health and development of children enrolled in daycare, making it a vital component of nutrition assistance in these settings. Other programs listed, such as SNAP and TEFAP, primarily focus on broader food assistance for families and individuals rather than specifically addressing nutrition in childcare environments. The Nutrition Services Incentive Program (NSIP) supports home-delivered meals or congregate meal sites for older adults, thus it is not targeted at daycare settings either.

4. What are common food safety issues affecting older adults?

- A. Increased food preferences**
- B. Reduced immune function and increased risk of foodborne illness**
- C. Higher metabolism rates**
- D. Allergy development**

The correct choice highlights the connection between reduced immune function and an increased risk of foodborne illness in older adults. As people age, their immune systems naturally decline, which makes them more susceptible to infections and illnesses, including those caused by foodborne pathogens. This decline can result from both intrinsic factors, such as the aging process itself, and extrinsic factors like chronic health conditions and medication use that further weaken the immune response. Consequently, older adults are at a higher risk of experiencing severe complications from foodborne illnesses compared to younger populations. This increased vulnerability necessitates a greater focus on food safety practices, including proper food handling, cooking, and storage techniques, to mitigate risks effectively. The other options do not directly correlate to significant food safety concerns in the same way. For instance, increased food preferences could refer to the varied dietary choices older adults might have but doesn't inherently relate to safety issues. A higher metabolism rate is generally associated with younger individuals, as metabolism typically slows with age rather than increases. Lastly, while some older adults may develop new food allergies, this is not as prevalent or impactful in terms of food safety risks when compared to the heightened risk of foodborne illness due to compromised immune systems.

5. Which of the following nutrient deficiencies can lead to glossitis?

- A. Vitamin K**
- B. Vitamin E**
- C. Vitamin A**
- D. Folate**

Glossitis, which is characterized by inflammation and swelling of the tongue, can be linked to several nutrient deficiencies, with folate deficiency being one of the most significant. Folate is crucial for DNA synthesis and cell division, which are vital processes for maintaining the health of rapidly dividing tissues, including those in the mouth. When folate levels are insufficient, the turnover of cells in the tongue can be adversely affected, leading to glossitis. In contrast, while other vitamins play important roles in overall health, they are not primarily associated with the condition of glossitis. Vitamin K is primarily involved in blood clotting, vitamin E acts as an antioxidant and is essential for immune function, and vitamin A is important for vision, immune function, and skin health. Although a deficiency in these vitamins can lead to other health issues, they do not significantly and directly contribute to the inflammation and symptoms seen in glossitis as folate does. Thus, the connection between folate deficiency and glossitis makes it the correct answer in this context.

6. How does medication impact nutrition in older adults?

- A. It can improve appetite**
- B. It has no effect on nutrition**
- C. Medications can cause side effects that interfere with appetite and nutrient absorption**
- D. It increases nutritional needs**

Medications can significantly impact nutrition in older adults by causing side effects that interfere with appetite and nutrient absorption. This is particularly important to consider in gerontology, where polypharmacy—taking multiple medications—is common. Some medications may lead to gastrointestinal side effects such as nausea, vomiting, or diarrhea, which can decrease appetite and restrict a person's ability to consume adequate nutrition. Additionally, certain drugs can affect the way nutrients are absorbed in the body. For instance, some medications can bind to nutrients in the gastrointestinal tract, making them less available for absorption. This can lead to deficiencies in essential vitamins and minerals, further complicating the nutritional status of older adults. Understanding the relationship between medication and nutrition is crucial for healthcare providers to manage the health and dietary needs of this population effectively.

7. What are the four domains of nutrition diagnosis?

- A. Intake, clinical, goals, outcomes
- B. Intake, clinical, behavioral/environmental, other**
- C. Medical history, intake, environmental, cultural
- D. Behavioral, outcomes, clinical, social

The four domains of nutrition diagnosis are indeed intake, clinical, behavioral/environmental, and other. This classification is vital for dietitians and nutrition professionals as it helps them to systematically identify and address specific nutritional problems affecting individuals. The intake domain refers to the evaluation of a person's dietary intake, assessing how much and what types of food and nutrients are consumed. This allows for identifying potential deficiencies or excesses in nutrition. The clinical domain involves examining the individual's medical history and physical conditions that could impact nutritional status, such as chronic diseases, medical conditions, and physical findings. Behavioral/environmental factors encompass the individual's habits and environmental influences that may affect their food choices and eating behaviors. Understanding these factors can assist in creating a more effective and personalized nutrition plan. The "other" category is a comprehensive domain that includes factors that do not fit neatly into the first three domains, allowing for a holistic approach to nutrition diagnosis that can accommodate unique or complex situations. In summary, this answer reflects a structured way of analyzing nutritional issues that enables practitioners to create targeted and effective interventions for their clients.

8. What do the grants provided under the OAANP aim to support?

- A. Artistic programs for elder care
- B. Nutrition services for at-risk older adults**
- C. Housing renovations for seniors
- D. Transportation improvements for senior centers

The grants provided under the Older Americans Act Nutrition Program (OAANP) specifically aim to support nutrition services for at-risk older adults. This focus is crucial because good nutrition is a fundamental component of health and well-being for older adults, who may face challenges such as limited mobility, isolation, or reduced income that can hinder their access to healthy foods. By supporting nutrition services, the OAANP helps ensure that older individuals receive not only meals but also nutritional education and resources necessary for making healthy food choices. This is paramount in addressing issues such as malnutrition and chronic diseases that can be exacerbated by inadequate dietary intake. While there may be merit in artistic programs and housing renovations or transportation improvements for seniors, those are not the primary focus of the OAANP grants, which are narrowly tailored to address the nutritional needs of older adults serving to improve their overall health and quality of life.

9. What type of texture is expected from foods in a Level 2 Dysphagia Diet?

- A. Liquid**
- B. Soft and thick**
- C. Moist and easily formed into bolus**
- D. Dry and crumbly**

In a Level 2 Dysphagia Diet, foods are designed to be easy to swallow while still providing a variety of textures and flavors. The key characteristic of this diet is that the foods should be moist and easily formed into a bolus, which is essential for individuals with swallowing difficulties. This texture helps reduce the risk of aspiration and allows for safer swallowing. Foods should have some cohesion and be able to hold together well, enabling individuals to manipulate them in their mouth without difficulty. This level is designed for individuals who can handle a slightly more textured diet than Level 1, which consists of pureed foods, but still require modifications to avoid more complex or coarse textures which may pose challenges. In contrast, other options such as liquid, soft and thick, or dry and crumbly do not accurately represent the focus of a Level 2 Dysphagia Diet. Liquids alone may not provide sufficient texture to encourage safe swallowing. Soft and thick foods can be acceptable, but they must be cohesive and easily formed which is not addressed in that description. Dry and crumbly foods would present a high risk of choking, making them unsuitable for individuals with dysphagia. Thus, the most suitable answer that aligns with the required characteristics of a Level 2

10. What does SNAP primarily assist individuals with regarding their economic status?

- A. Aiding those above the federal poverty level**
- B. Providing meal delivery services for seniors**
- C. Assisting those at or below 130% of the federal poverty level**
- D. Funding physical exercise programs**

SNAP, which stands for the Supplemental Nutrition Assistance Program, is designed primarily to assist individuals and families facing food insecurity, particularly those who meet certain income thresholds. The program focuses on individuals and households that are at or below 130% of the federal poverty level, which ensures that assistance is directed to those most in need of nutritional support. This income limit enables SNAP to target its resources effectively, helping to alleviate hunger and improve nutrition among low-income populations. The program operates by providing financial assistance to purchase food, thereby improving food access and nutrition for eligible participants. This focus on low-income individuals is vital for public health and nutrition, especially among vulnerable populations, including children, the elderly, and those with disabilities. By addressing the needs of those at or below 130% of the federal poverty level, SNAP plays a crucial role in enhancing food security and overall health within communities.

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://cdrgerontologynutrition.examzify.com>

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