

CDR GERONTOLOGY NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://cdrgerontologynutrition.examzify.com>



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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 is the estimated energy requirement for an individual with tetraplegia?**
 - A. 15 kcal/kg
 - B. 20 kcal/kg
 - C. 23 kcal/kg
 - D. 30 kcal/kg
- 2. How much weight loss over one week is classified as severe weight loss?**
 - A. 2%
 - B. 5%
 - C. 7.5%
 - D. 10%
- 3. Which model emphasizes the addition of plants and animals as part of a supportive environment?**
 - A. Erin Alternative Model
 - B. Green House Project model
 - C. Pioneer Network Model
 - D. Stages of Culture Change
- 4. What is a common cause of undernutrition in elderly individuals?**
 - A. Overeating
 - B. Poor dental health
 - C. Excessive snacking
 - D. Increased metabolism
- 5. What percentage of older adults is reported to be edentulous in men?**
 - A. 25%
 - B. 24%
 - C. 30%
 - D. 20%

- 6. What is sarcopenia, and how can it be addressed through nutrition?**
- A. Increased bone density; through calcium intake
 - B. Loss of muscle mass; through adequate protein intake
 - C. Weight gain; through carbohydrate-rich diets
 - D. Fat retention; through low-fat diets
- 7. Which condition is NOT associated with altering olfaction due to local infection?**
- A. Influenza
 - B. Sjögren's syndrome
 - C. Parkinson's disease
 - D. Sinusitis
- 8. What is the impact of hydration on the health of older adults?**
- A. It has minimal effects
 - B. It can improve cognitive function
 - C. It reduces the risk of falls
 - D. Both B and C
- 9. What is the recommended fluid requirement for an average adult?**
- A. 20 ml/kg
 - B. 25 ml/kg
 - C. 30 ml/kg
 - D. 35 ml/kg
- 10. What defines significant weight loss over three months?**
- A. 5%
 - B. 7.5%
 - C. 10%
 - D. 15%

Answers

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

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Explanations

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1. What is the estimated energy requirement for an individual with tetraplegia?

- A. 15 kcal/kg
- B. 20 kcal/kg
- C. 23 kcal/kg**
- D. 30 kcal/kg

The estimated energy requirement for individuals with tetraplegia is around 23 kcal per kilogram of body weight. This value accounts for the reduced metabolic activity associated with the loss of motor function and muscle mass in individuals with tetraplegia. Individuals with this condition often experience a decrease in energy expenditure due to the significant reduction in physical activity. As a result, dietary energy needs are lower compared to individuals who can engage in normal physical activity. The 23 kcal/kg recommendation is tailored to support basic bodily functions while considering the limited movement and muscle utilization of affected individuals. This energy requirement helps ensure that individuals with tetraplegia maintain a healthy weight while receiving enough nutrition to prevent complications and support overall health. Adjustments may be necessary based on individual factors such as age, sex, and overall health, but 23 kcal/kg serves as a standard guideline for those with similar conditions.

2. How much weight loss over one week is classified as severe weight loss?

- A. 2%**
- B. 5%
- C. 7.5%
- D. 10%

Severe weight loss is classified based on the percentage of body weight lost over a specific time frame, typically a week. The correct choice of 2% reflects a critical threshold for identifying weight loss that could be indicative of health risks, particularly in older adults or those with underlying health issues. Losing 2% of body weight in one week may signal that a person is experiencing significant physiological changes that could impact their overall health and nutritional status. In gerontology, small percentages can have large implications, as older adults often have lower reserves and can be more susceptible to negative health effects from weight loss. Higher percentages, such as 5%, 7.5%, or 10%, indicate progressively more severe losses over the same period. A loss of 5% or more typically causes significant concern and may indicate a worrying trend. However, within the context of a week, 2% is a standard cutoff that healthcare professionals might use to flag individuals who need closer monitoring or intervention. Understanding these benchmarks helps in assessing nutritional status and managing care effectively in older populations.

3. Which model emphasizes the addition of plants and animals as part of a supportive environment?

- A. Erin Alternative Model**
- B. Green House Project model
- C. Pioneer Network Model
- D. Stages of Culture Change

The correct answer is the Green House Project model, which emphasizes creating supportive environments that include not just human interactions but also the integration of plants and animals. The Green House Project model aims to enhance the quality of life for older adults by designing living spaces that resemble home settings, where residents can engage with nature and have access to more natural environments, such as gardens and pets. This model promotes the idea that incorporating elements of nature can contribute positively to physical and mental well-being, fostering a sense of community, engagement, and autonomy among residents. In contrast, the Erin Alternative Model focuses on person-centered care but does not specifically highlight the integration of plants and animals as a supportive environment. The Pioneer Network Model aims at transforming long-term care through culture change, emphasizing relationships and personal preferences, yet it does not place the same emphasis on nature integration. Finally, the Stages of Culture Change represents a framework for implementing changes in care practices over time but does not specifically address environmental elements like plants and animals.

4. What is a common cause of undernutrition in elderly individuals?

- A. Overeating
- B. Poor dental health**
- C. Excessive snacking
- D. Increased metabolism

Poor dental health is a significant contributor to undernutrition in elderly individuals. As people age, they may experience various dental problems such as tooth decay, gum disease, and ill-fitting dentures. These issues can make it difficult and painful for seniors to chew and adequately consume a balanced diet, leading to reduced food intake and, consequently, undernutrition. When dental health deteriorates, it can result in a preference for softer, less nutritious foods, a decreased ability to obtain necessary nutrients, and a reluctance to eat socially, which further exacerbates the risk of nutritional deficiencies. Addressing dental health issues in older adults is crucial not just for maintaining oral hygiene but also for ensuring they can meet their nutritional needs effectively. The other options, while potentially relevant in a broader context, do not directly link to the specific issue of undernutrition in the same manner. Overeating and excessive snacking typically lead to weight gain rather than undernutrition, while increased metabolism is not a common concern for the elderly, as many experience a decrease in metabolic rate with age.

5. What percentage of older adults is reported to be edentulous in men?

- A. 25%
- B. 24%**
- C. 30%
- D. 20%

The reported percentage of edentulous older men being 24% aligns well with research findings on oral health among older adults. Edentulousness, or the condition of being without teeth, is a significant issue in gerontology as it affects nutritional intake, quality of life, and overall health. This statistic reflects a considerable trend seen in geriatric populations, often arising from factors such as periodontal disease, inadequate access to dental care, and the cumulative effects of aging on oral health. Understanding this percentage is crucial for health professionals working with older adults, as it can guide nutritional assessments and interventions. For instance, knowing that a substantial portion of older men may be edentulous can prompt the need for dietary modifications to ensure proper nutrition through softer food options or alternative sources of nutrients that do not require extensive chewing.

6. What is sarcopenia, and how can it be addressed through nutrition?

- A. Increased bone density; through calcium intake
- B. Loss of muscle mass; through adequate protein intake**
- C. Weight gain; through carbohydrate-rich diets
- D. Fat retention; through low-fat diets

Sarcopenia is defined as the gradual loss of muscle mass and strength that typically occurs with aging. It is a significant health concern as it can lead to decreased physical function, increased risk of falls, and a decline in overall quality of life for older adults. Addressing sarcopenia through nutrition is primarily focused on ensuring a sufficient intake of protein, which is crucial for muscle repair, growth, and overall maintenance. Adequate protein intake helps stimulate muscle protein synthesis, which can counteract the effects of muscle loss associated with aging. This means that older adults should aim to consume an adequate amount of high-quality protein from various sources, such as lean meats, dairy products, beans, and legumes, all of which contribute to muscle health and function. Other options do not adequately address the core issue of sarcopenia. For instance, increased bone density through calcium intake pertains more to bone health and osteoporosis rather than muscle mass. Additionally, weight gain through carbohydrate-rich diets does not specifically target muscle mass and may lead to an unhealthy increase in body fat. Similarly, fat retention through low-fat diets does not directly connect to muscle maintenance or growth and may actually hinder overall health and nutritional balance. Understanding the importance of protein in the diet is

7. Which condition is NOT associated with altering olfaction due to local infection?

- A. Influenza
- B. Sjögren's syndrome
- C. Parkinson's disease**
- D. Sinusitis

The condition that does not significantly alter olfaction due to local infection is Parkinson's disease. While olfactory dysfunction can be a symptom in individuals with Parkinson's disease, this impairment primarily arises from neurodegenerative processes rather than a local infection. In contrast, influenza, Sjögren's syndrome, and sinusitis can all directly affect the nasal passages and the surrounding areas, leading to changes in smell. Influenza often causes upper respiratory symptoms that can impair the olfactory system during the course of the infection. Sjögren's syndrome, an autoimmune condition, can lead to dryness in oral and nasal mucosa, potentially impacting the sense of smell. Sinusitis, an infection or inflammation of the sinus cavities, directly disrupts the olfactory receptors and can temporarily alter one's sense of smell due to blockage and inflammation. Therefore, while olfactory dysfunction may be observed in various diseases, Parkinson's disease is distinct in that its olfactory issues are driven more by the underlying neurodegenerative condition rather than an ongoing local infection.

8. What is the impact of hydration on the health of older adults?

- A. It has minimal effects
- B. It can improve cognitive function
- C. It reduces the risk of falls
- D. Both B and C**

Hydration plays a crucial role in the health of older adults, significantly influencing various physiological and cognitive functions. Adequate fluid intake is essential for maintaining optimal health and preventing complications often associated with aging. Improving cognitive function is one of the significant impacts of proper hydration. Dehydration can lead to confusion, memory problems, and overall cognitive decline, which are particularly concerning in older adults. Staying well-hydrated supports brain health and enhances mental clarity, enabling older adults to function more effectively in their daily lives. Additionally, hydration contributes to reducing the risk of falls. Proper hydration helps maintain muscle function and balance, both of which are critical for stability. Dehydrated individuals may experience muscle weakness or leg cramps, increasing the likelihood of falls and related injuries. Thus, ensuring adequate hydration supports physical health by improving coordination and strength, which can help prevent falls in older adults. Considering these factors, it is evident that hydration significantly affects cognitive function and the risk of falls, making both of these outcomes critical for maintaining the health and safety of older adults.

9. What is the recommended fluid requirement for an average adult?

- A. 20 ml/kg
- B. 25 ml/kg
- C. 30 ml/kg**
- D. 35 ml/kg

The recommended fluid requirement for an average adult is typically calculated at about 30 ml per kilogram of body weight. This guideline is grounded in the understanding that adequate hydration is crucial for overall health and well-being, especially in adults who may be prone to dehydration due to various factors like age, physical activity, and environmental conditions. Calculating fluid needs based on body weight allows for a more personalized approach to hydration, ensuring that individuals receive adequate fluids tailored to their specific size and metabolic needs. The 30 ml/kg recommendation considers normal daily losses through urine, sweat, and respiratory function, thus ensuring that these losses are replaced adequately. For older adults specifically, this recommendation is particularly important as the sensation of thirst may diminish with age, potentially leading to inadequate fluid intake and increasing the risk of dehydration. By following the 30 ml/kg guideline, individuals are generally well-supported in maintaining their hydration status, promoting better physiological function and overall health.

10. What defines significant weight loss over three months?

- A. 5%
- B. 7.5%**
- C. 10%
- D. 15%

Significant weight loss over a three-month period is defined as a loss of at least 5% of an individual's baseline weight. This threshold is often used in clinical settings to identify individuals at risk for health complications related to weight loss, as well as to evaluate the effectiveness of weight management interventions. While other percentages may suggest varying degrees of weight loss, the 5% threshold is widely recognized in research and clinical guidelines as the point at which weight loss can begin to impact health outcomes significantly. For instance, losing 5% of body weight can lead to improvements in blood pressure, blood glucose levels, and lipid profiles, which are critical factors in the management of chronic diseases, especially in older adults. The choice that indicates a 7.5% weight loss, while it could imply a notable change, does not align with the standard definition of significant weight loss used in many health assessments. Thus, understanding that the 5% mark is foundational for evaluating challenges in weight management and health risk assessment is crucial for professionals in gerontology and nutrition.

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!

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