

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. Which nutrient is considered essential for maintaining skin integrity in older adults?**
 - A. Vitamin C
 - B. Calcium
 - C. Fiber
 - D. Protein
- 2. What is a common dietary characteristic shared by Korean Americans, Vietnamese Americans, and Native Americans?**
 - A. Inclusion of milk and dairy products
 - B. Emphasis on rice and vegetables
 - C. Preference for fast food options
 - D. Lean meats as the primary protein source
- 3. Which of the following best describes a cause of altered olfaction related to systemic illness?**
 - A. Flu
 - B. Head trauma
 - C. Uremia
 - D. Viral infections
- 4. What type of protein sources should older adults prioritize in their diet?**
 - A. Processed meats
 - B. Plant-based sources
 - C. Saturated fat sources
 - D. High-sodium sources
- 5. Which ingredient is typically avoided in Hispanic diets across various regions?**
 - A. Rice
 - B. Green leafy vegetables
 - C. Fish
 - D. Meat

- 6. In nutritional assessment, what does prealbumin reflect regarding energy expenditure?**
- A. Immediate energy levels
 - B. Long-term dietary habits
 - C. Current metabolic activity
 - D. Total body fat
- 7. What food item is primarily absent from the Southern Black American diet?**
- A. Corn
 - B. Milk or dairy
 - C. Pork
 - D. Seafood
- 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 role of fiber in the diets of older adults?**
- A. To increase energy consumption
 - B. To promote cardiovascular health
 - C. To promote gastrointestinal health and prevent constipation
 - D. To provide essential amino acids
- 10. Which systematic condition is known to affect the sense of smell?**
- A. Cirrhosis
 - B. Head trauma
 - C. Hypothyroidism
 - D. Adrenal insufficiency

Answers

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

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Explanations

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1. Which nutrient is considered essential for maintaining skin integrity in older adults?

- A. Vitamin C
- B. Calcium
- C. Fiber
- D. Protein**

Protein plays a critical role in maintaining skin integrity, especially in older adults. It is essential for the synthesis of collagen, elastin, and other structural components of the skin. As we age, the body's natural production of collagen decreases, which can lead to skin thinning, wrinkles, and decreased elasticity. Adequate protein intake helps to support the repair and maintenance of skin tissue, which is vital for preserving its strength and function. In older adults, protein needs may be heightened due to factors such as muscle loss and changes in metabolism. Ensuring sufficient protein consumption can aid in maintaining not only skin health but also overall physical health, as it supports muscle mass and immune function. Other options, while important, do not address skin integrity in the same direct manner. For instance, vitamin C is crucial for collagen formation and the body's antioxidant defense, but it works best in conjunction with protein. Calcium is vital for bone health and not directly related to skin structure, while fiber is essential for digestive health but does not play a significant role in skin integrity. Therefore, protein is the key nutrient specifically linked to maintaining skin integrity in older adults.

2. What is a common dietary characteristic shared by Korean Americans, Vietnamese Americans, and Native Americans?

- A. Inclusion of milk and dairy products
- B. Emphasis on rice and vegetables**
- C. Preference for fast food options
- D. Lean meats as the primary protein source

The emphasis on rice and vegetables is a common dietary characteristic shared by Korean Americans, Vietnamese Americans, and Native Americans. In many Asian cuisines, including Korean and Vietnamese, rice serves as a staple food, accompanied by a variety of vegetables that are integral to meals. This focus not only stems from cultural traditions but also reflects the nutritional benefits of these foods, which are often rich in vitamins, minerals, and fiber. For Native Americans, while traditional diets can vary widely among tribes, there is a historical emphasis on the use of locally available grains and tubers. Rice and various vegetables often play a role in contemporary diets as well, highlighting a shared recognition of the importance of these food groups. The other options do not accurately represent the dietary patterns of these groups. The inclusion of milk and dairy products is less common among many Asian American populations due to lactose intolerance rates, while a preference for fast food options does not align with the traditional food practices that emphasize fresh, whole ingredients. Lean meats are often consumed, but they are typically not the primary source of protein in the same way that rice and vegetables are foundational in these diets.

3. Which of the following best describes a cause of altered olfaction related to systemic illness?

- A. Flu
- B. Head trauma
- C. Uremia**
- D. Viral infections

Altered olfaction, or changes in the sense of smell, can occur due to various systemic illnesses. Uremia stands out as a significant cause because it is a condition characterized by the accumulation of waste products in the blood due to kidney dysfunction. This build-up can lead to a variety of neurological and physiological changes that may affect the olfactory system. As the kidneys fail to filter toxins effectively, these toxins can influence brain function and may disrupt normal smell perception. In the context of systemic illnesses, uremia can have broader implications, including its effects on the central nervous system, which includes regions involved in olfactory processing. Consequently, individuals with uremia can experience alterations in taste and smell, contributing to decreased appetite and overall nutritional status, which is crucial in geriatric care. Other options like flu, head trauma, and viral infections can also influence olfaction, but they are generally more acute or localized issues rather than systemic conditions. For instance, while the flu can lead to temporary changes in smell due to nasal congestion, and head trauma can directly disrupt olfactory pathways, these do not have the same systemic and chronic implications on olfaction seen in uremia.

4. What type of protein sources should older adults prioritize in their diet?

- A. Processed meats
- B. Plant-based sources**
- C. Saturated fat sources
- D. High-sodium sources

Older adults should prioritize plant-based protein sources in their diet for several important reasons. Plant-based proteins, such as legumes, nuts, seeds, whole grains, and soy products, are not only rich in protein but also provide a wide array of essential nutrients, including fiber, vitamins, minerals, and antioxidants. High fiber content helps support digestive health, which can sometimes be a concern as individuals age due to changes in the digestive system. Additionally, plant-based proteins are generally lower in saturated fats and cholesterol compared to animal sources, making them a heart-healthy choice. This is particularly significant for older adults who may be more susceptible to cardiovascular disease. The consumption of plant-based foods has been linked with various health benefits, such as reduced risk of chronic diseases, improved weight management, and better overall health outcomes. In comparison, the other options do not support optimal nutrition for older adults. Processed meats can be high in unhealthy fats and sodium, potentially increasing the risk of heart disease and hypertension. Saturated fat sources are associated with increased cholesterol levels and cardiovascular risk, which is a concern for older populations. Lastly, high-sodium sources can lead to fluid retention and hypertension, further complicating health conditions common in older age groups. Thus, focusing on plant-based

5. Which ingredient is typically avoided in Hispanic diets across various regions?

- A. Rice
- B. Green leafy vegetables**
- C. Fish
- D. Meat

In various Hispanic diets, green leafy vegetables are not typically avoided across regions; rather, they are often included as part of traditional meals due to their nutritional benefits and availability. Instead, the ingredient that tends to be more commonly avoided or less emphasized could be fish. Many Hispanic communities have strong culinary traditions that vary by region, and while fish is consumed, meat tends to be a staple, and rice is a common carbohydrate source. Rice is a fundamental part of the diet in many Hispanic cultures, often accompanying meals. Likewise, meat frequently plays a significant role in meals, with various preparations and styles reflecting regional tastes and preferences. Green leafy vegetables, such as spinach, kale, or Swiss chard, are typically included in dishes or served as sides due to their health benefits, providing essential vitamins and minerals. In summary, rather than green leafy vegetables being the ingredient avoided in Hispanic diets, it's important to recognize the diversity and richness of these culinary traditions, where green vegetables are generally valued and consumed.

6. In nutritional assessment, what does prealbumin reflect regarding energy expenditure?

- A. Immediate energy levels
- B. Long-term dietary habits
- C. Current metabolic activity**
- D. Total body fat

Prealbumin is a plasma protein that serves as a useful marker of nutritional status and is especially sensitive to changes in protein intake and synthesis. It has a relatively short half-life of about 2 to 3 days, which means that its levels can fluctuate quickly based on an individual's recent dietary intake and metabolic activity. When considering energy expenditure, prealbumin levels directly correlate with the body's current state of protein synthesis and metabolic demands. Therefore, measuring prealbumin can provide insights into current metabolic activity, as it reflects recent changes in nutritional intake and physiological stress. For example, if a patient's prealbumin level is low, it may indicate increased protein catabolism due to illness or inadequate nutritional intake, suggesting a high current metabolic rate in response to stress or energy needs. In contrast, immediate energy levels are more directly assessed through other means, like blood glucose levels, while long-term dietary habits are better reflected by more stable markers such as albumin. Total body fat is evaluated through other measurements, like body composition analysis, rather than through prealbumin levels. Thus, the role of prealbumin in reflecting current metabolic activity makes it a valuable tool for assessing energy expenditure in a nutritional context.

7. What food item is primarily absent from the Southern Black American diet?

- A. Corn
- B. Milk or dairy**
- C. Pork
- D. Seafood

The absence of milk or dairy from the Southern Black American diet can be attributed to several cultural and historical factors. Many individuals from this demographic may have lactose intolerance, a condition that affects the ability to digest lactose, the sugar found in milk. This dietary restriction often leads to a lower consumption of dairy products in general, as individuals may prefer to avoid unpleasant gastrointestinal symptoms associated with lactose consumption. Additionally, traditional Southern Black American cuisine is heavily influenced by African culinary practices and the food landscape of the region, which typically includes staples like corn, pork, and seafood. These foods have historical significance and are frequently used in traditional dishes, making them more prominent in the diet compared to dairy products. This preference aligns with broader cultural dietary patterns observed within the community, emphasizing ingredients that are more accessible, culturally relevant, and suited to individual health considerations. Understanding this context is essential, as it highlights the intersection of nutrition, culture, and health, and emphasizes the importance of recognizing dietary patterns that are influenced by both biological and socio-historical factors.

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 role of fiber in the diets of older adults?

- A. To increase energy consumption
- B. To promote cardiovascular health
- C. To promote gastrointestinal health and prevent constipation**
- D. To provide essential amino acids

Fiber plays a crucial role in the diets of older adults, especially in promoting gastrointestinal health and preventing constipation. As individuals age, they often experience a slowdown in digestive processes and a decrease in gastrointestinal motility, which can lead to constipation. Including an adequate amount of fiber in the diet helps to increase stool bulk and facilitates regular bowel movements by promoting peristalsis, the wave-like movements that push food through the digestive tract. Fiber also aids in maintaining an optimal composition of gut microbiota, which is important for overall digestive health. Soluble fiber can help regulate blood sugar levels and lower cholesterol, but its primary benefit is its ability to improve bowel health. This understanding of the importance of fiber is crucial for creating dietary recommendations for older adults, aiming to enhance their quality of life and minimize the discomfort associated with gastrointestinal issues. Promoting fiber intake is a fundamental aspect of nutritional guidance for older populations, focusing on both health and preventive care.

10. Which systematic condition is known to affect the sense of smell?

- A. Cirrhosis**
- B. Head trauma
- C. Hypothyroidism
- D. Adrenal insufficiency

Cirrhosis is a chronic liver condition that can lead to a variety of systemic effects, one of which is an impact on the sense of smell. This occurs because liver dysfunction can lead to the accumulation of toxins in the body, which may interfere with normal neural function, including the olfactory (smell) pathways. The liver is responsible for metabolizing various substances, and when it fails to perform this function properly, it can result in a range of neurological symptoms, including alterations in the sense of smell. In addition to direct neurological effects, individuals with cirrhosis may experience other health changes, such as altered metabolism of certain nutrients, which can also contribute to sensory changes. Recognizing this connection between liver health and sensory perception is critical for healthcare providers, as addressing liver dysfunction may help improve related symptoms, including distorted or diminished olfactory perception. Other conditions mentioned, such as head trauma, hypothyroidism, and adrenal insufficiency, have their own distinct impacts on health and could also affect the sense of smell, but cirrhosis is particularly notable for its systemic effects on the olfactory function due to the underlying issues related to liver health.

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:

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

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