

# Certified Dietary Manager (CDM) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

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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. The CDM notices an increase in costs over the past two months, especially an increase in meat prices. What might be the cause of this increase?**
  - A. Improved efficiency in the kitchen**
  - B. Higher demand for vegetarian dishes**
  - C. The price for meat is not part of the prime vendor agreement**
  - D. Increased sales of non-meat items**
- 2. What can be done to safely thaw frozen food?**
  - A. Leave it on the counter for several hours**
  - B. Run it under hot water**
  - C. Thaw it in the refrigerator**
  - D. Microwave it, even if it cooks unevenly**
- 3. What is the role of the CDM during a regulatory survey?**
  - A. Observer**
  - B. Liaison and communicator**
  - C. Impartial judge**
  - D. Documentation specialist**
- 4. What is a key responsibility of a Certified Dietary Manager in a clinical setting?**
  - A. Preparing meals without collaboration**
  - B. Managing kitchen staff solely**
  - C. Collaborating with healthcare professionals to plan and monitor patient diets**
  - D. Only focusing on food inventory**
- 5. How does a nutritional label typically present nutrient levels?**
  - A. As a graph**
  - B. In percentages of daily values**
  - C. Using color coding**
  - D. In comparison to other products**

- 6. What type of inventory is usually done at the end of a month or period of time?**
- A. Manual inventory**
  - B. Visual inventory**
  - C. Physical inventory**
  - D. Automated inventory**
- 7. How often should food service operations conduct self-inspections?**
- A. Once a year**
  - B. Only when health inspections are scheduled**
  - C. Regularly, typically at least quarterly**
  - D. Only as needed based on incidents**
- 8. How often must the care plan be updated?**
- A. Annually**
  - B. Monthly**
  - C. Quarterly and whenever the client's condition changes**
  - D. Biennially**
- 9. How many days of decreased intake of 250 to 300 calories per day may result in a loss of approximately one pound of body fat?**
- A. 7 days**
  - B. 10 days**
  - C. 12 days**
  - D. 14 days**
- 10. Which vitamin is essential for vision health?**
- A. Vitamin B12**
  - B. Vitamin D**
  - C. Vitamin A**
  - D. Vitamin K**



## **Answers**

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

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## **Explanations**

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**1. The CDM notices an increase in costs over the past two months, especially an increase in meat prices. What might be the cause of this increase?**

**A. Improved efficiency in the kitchen**

**B. Higher demand for vegetarian dishes**

**C. The price for meat is not part of the prime vendor agreement**

**D. Increased sales of non-meat items**

The correct answer is C. The increase in meat prices can be attributed to the fact that the price for meat is not a part of the prime vendor agreement. A prime vendor agreement is a contract between a facility and a vendor that establishes fixed prices for certain products. If meat prices are not included in this agreement, fluctuations in the market can directly impact the costs incurred by the facility, resulting in the noticeable increase in costs over the past two months. Options A, B, and D are not correct because they do not directly address the reason behind the increase in meat prices. Improved efficiency in the kitchen, higher demand for vegetarian dishes, or increased sales of non-meat items may influence costs in other ways but are not directly related to the rise in meat prices referenced in the question.

**2. What can be done to safely thaw frozen food?**

**A. Leave it on the counter for several hours**

**B. Run it under hot water**

**C. Thaw it in the refrigerator**

**D. Microwave it, even if it cooks unevenly**

Thawing frozen food safely is essential to prevent the growth of harmful bacteria that can cause foodborne illness. Thawing in the refrigerator is the safest method because it maintains a constant, safe temperature (typically below 40°F or 4°C). This method allows the food to thaw gradually and keeps it within a temperature range where bacteria won't proliferate. When food is thawed in the refrigerator, it can remain safe for additional storage time depending on the type of food. For example, thawed meat and poultry can stay in the refrigerator for an additional one to two days before cooking, while seafood should generally be cooked within a day or two. This technique also allows the food to be kept at a consistent temperature, eliminating the risk of parts of the food remaining frozen while other parts begin to reach temperatures favorable for bacterial growth. The other methods of thawing, such as leaving food on the counter, running it under hot water, or microwaving, are not recommended as they do not keep food at a safe temperature throughout the thawing process and increase the risk of foodborne illnesses due to uneven thawing or rapid temperature changes.

### 3. What is the role of the CDM during a regulatory survey?

- A. Observer
- B. Liaison and communicator**
- C. Impartial judge
- D. Documentation specialist

During a regulatory survey, the role of the Certified Dietary Manager (CDM) as a liaison and communicator is crucial. The CDM serves as the link between the surveyors and the facility staff, providing information, clarifications, and facilitating communication throughout the survey process. This role helps ensure that accurate information is exchanged, any questions are addressed promptly, and that the survey runs smoothly. The CDM acts as a representative of the facility and plays a key role in maintaining open communication channels during a regulatory survey.

### 4. What is a key responsibility of a Certified Dietary Manager in a clinical setting?

- A. Preparing meals without collaboration
- B. Managing kitchen staff solely
- C. Collaborating with healthcare professionals to plan and monitor patient diets**
- D. Only focusing on food inventory

A key responsibility of a Certified Dietary Manager in a clinical setting is to collaborate with healthcare professionals to plan and monitor patient diets. This collaboration is essential because it ensures that dietary plans align with patients' medical needs, preferences, and goals. By working alongside doctors, nurses, and dietitians, Certified Dietary Managers can incorporate dietary restrictions and therapeutic diets into meal planning, maintaining an interdisciplinary approach to patient care. Effective collaboration facilitates comprehensive care, allowing for timely adjustments based on patient progress and changes in medical conditions. It enhances communication among the care team, leading to improved outcomes and satisfaction for patients. In a clinical setting, where patients may have specific nutritional needs due to illnesses or recovery processes, this team-oriented approach becomes critical for promoting health and well-being.

**5. How does a nutritional label typically present nutrient levels?**

- A. As a graph**
- B. In percentages of daily values**
- C. Using color coding**
- D. In comparison to other products**

Nutritional labels provide information about nutrient levels primarily in percentages of daily values. This method allows consumers to easily understand how much a serving of a food item contributes to their overall daily nutrient intake. The daily values are based on a 2,000-calorie diet and indicate the percentage of the recommended daily intake for specific nutrients, such as fats, carbohydrates, and vitamins. Using percentages helps individuals quickly gauge whether a product is high or low in a particular nutrient. For example, if a label shows that a food item contains 20% of the daily value of calcium, it indicates that one serving provides a significant portion of the calcium needed each day. This standardized approach to presenting information enhances the understanding and utility of nutritional labels for making informed dietary choices.

**6. What type of inventory is usually done at the end of a month or period of time?**

- A. Manual inventory**
- B. Visual inventory**
- C. Physical inventory**
- D. Automated inventory**

Physical inventory is usually done at the end of a month or period of time to assess the physical goods and products that are currently available in a physical location. This type of inventory involves physically counting and verifying the information manually to ensure accuracy. The other options are incorrect because they do not involve physically counting the goods, and are not typically done at the end of a month or period of time. Manual inventory involves manually recording and tracking inventory levels, visual inventory involves visually checking stock levels without a physical count, and automated inventory involves using technology or software to track inventory levels. While these methods may be used in conjunction with physical inventory, they do not adequately answer the question of what type of inventory is usually done at the end of a month or period of time.

**7. How often should food service operations conduct self-inspections?**

- A. Once a year**
- B. Only when health inspections are scheduled**
- C. Regularly, typically at least quarterly**
- D. Only as needed based on incidents**

Conducting self-inspections regularly, typically at least quarterly, is essential for maintaining high standards of food safety and operational efficiency in food service operations. Regular self-inspections allow facilities to identify and address potential issues proactively, ensuring compliance with health regulations and best practices. Regular assessments help in the identification of areas that may require improvement, facilitate training opportunities for staff, and ensure that food service operations maintain a consistent level of quality and safety. Frequency is crucial; quarterly inspections strike a balance between ensuring oversight and allowing sufficient time for implementing any necessary improvements. This approach helps in fostering a culture of safety and accountability among staff members, which is crucial in a busy food service environment where standards must be consistently upheld.

**8. How often must the care plan be updated?**

- A. Annually**
- B. Monthly**
- C. Quarterly and whenever the client's condition changes**
- D. Biennially**

The care plan must be updated quarterly and whenever the client's condition changes. This is because the care plan is a dynamic document that needs to reflect any changes in the client's needs or condition. Updating the care plan annually (A) or biennially (D) would not adequately address any changes that may occur throughout the year. Updating the care plan monthly (B) may be too frequent and unnecessary unless the client's condition changes frequently. Therefore, the best option is to update the care plan quarterly and as needed when the client's condition changes.

**9. How many days of decreased intake of 250 to 300 calories per day may result in a loss of approximately one pound of body fat?**

- A. 7 days**
- B. 10 days**
- C. 12 days**
- D. 14 days**

Decreasing daily intake by 250 to 300 calories can create a caloric deficit, which is necessary to lose weight. To lose approximately one pound of body fat, a deficit of around 3,500 calories is needed because one pound of body fat is roughly equivalent to 3,500 calories. Therefore, dividing 3,500 calories by a daily reduction of 250 to 300 calories would result in around 12 days to lose one pound of body fat. This calculation is based on the premise that weight loss is primarily determined by creating a caloric deficit through reduced caloric intake.

**10. Which vitamin is essential for vision health?**

- A. Vitamin B12**
- B. Vitamin D**
- C. Vitamin A**
- D. Vitamin K**

Vitamin A is essential for vision health because it plays a crucial role in the formation of rhodopsin, a pigment found in the retina that is vital for low-light and color vision. This vitamin is also important for maintaining the health of the cornea and other eye tissues. Deficiency in vitamin A can lead to night blindness and other visual impairments, highlighting its importance in overall eye health. In contrast, while vitamin B12 supports the nervous system and the production of red blood cells, and vitamin D is important for bone health and immune function, they do not specifically contribute to vision health in the way that vitamin A does. Vitamin K is largely associated with blood clotting and bone metabolism. Thus, the unique role of vitamin A in vision makes it the correct choice for this question.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cdmpractice.examzify.com>**

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