

EATRIGHTPREP DOMAIN 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. In the Hamwi formula, for a woman with a small frame, what adjustment is applied to the standard weight?**
 - A. Add 10%
 - B. Subtract 5%
 - C. Add 5%
 - D. Subtract 10%
- 2. It would be appropriate to recommend the use of meal replacements for weight loss to a client who:**
 - A. has no more than 20 pounds to lose.
 - B. has difficulty with portion control.
 - C. habitually eats late at night.
 - D. does not engage in physical activity.
- 3. Which of the following describes Medical Nutrition Therapy (MNT)?**
 - A. It is the therapeutic application of nutrition care for a specific disease or condition.
 - B. It is a general dietary counseling approach not tailored to disease.
 - C. It is a food safety protocol.
 - D. It is only used in hospital settings.
- 4. What is the purpose of the nutrition diagnosis step in the Nutrition Care Process?**
 - A. identify the medical diagnosis of the client.
 - B. plan interventions to address the nutrition problem.
 - C. determine interventions, goals and expected outcomes.
 - D. identify and label the nutrition problem.
- 5. Why does the AAP recommend limiting juice in early care and education programs?**
 - A. Budget constraints may affect an ECE's ability to offer juice consistently
 - B. Daily intake recommendations may be exceeded by consuming juice at home
 - C. Cross-contact can harm the health of children with allergies to foods found in juice
 - D. Students who are not served juice at home may be hesitant to accept a serving of juice

- 6. Which term describes a diet that excludes all animal products?**
- A. Vegetarian diet
 - B. Pescatarian diet
 - C. Vegan diet
 - D. Omnivore diet
- 7. In the ETHNIC model of culturally competent care, the 'E' stands for which concept?**
- A. education
 - B. empathy
 - C. explanation
 - D. expectations
- 8. In nutrition care documentation, what does Monitoring and Evaluation primarily focus on?**
- A. Tracking progress toward goals using objective data and adjusting the plan as needed.
 - B. Documenting weight changes at baseline.
 - C. Calculating energy needs.
 - D. Recommending new recipes.
- 9. What is the typical approach to carbohydrate management in a diabetes meal plan?**
- A. Carbohydrates are unlimited.
 - B. Carbohydrates are counted and distributed evenly across meals, often using a consistent carbohydrate approach or exchange system.
 - C. Carbohydrates are avoided entirely.
 - D. Carbohydrates are only eaten at breakfast.
- 10. How many carbohydrate servings are in 45 grapes?**
- A. 3
 - B. 1
 - C. 2
 - D. 4

Answers

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

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Explanations

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1. In the Hamwi formula, for a woman with a small frame, what adjustment is applied to the standard weight?

- A. Add 10%
- B. Subtract 5%
- C. Add 5%
- D. Subtract 10%**

Frame size adjustments in the Hamwi method modify the standard weight to reflect a lighter or heavier bone structure. For a woman, the starting point is 100 pounds for the first five feet plus 5 pounds for every inch over five feet. If the frame is small, the weight is reduced to account for a lighter frame, and in this approach that reduction is 10% of the standard weight. So you apply a 10% decrease to the standard weight to get the ideal weight for a woman with a small frame. For example, at five feet four inches, the standard weight would be 120 pounds. Subtracting 10% (which is 12 pounds) gives an ideal weight of 108 pounds.

2. It would be appropriate to recommend the use of meal replacements for weight loss to a client who:

- A. has no more than 20 pounds to lose.
- B. has difficulty with portion control.**
- C. habitually eats late at night.
- D. does not engage in physical activity.

Meal replacements help control intake by providing fixed portions and a known calorie content, which makes daily energy intake predictable and reduces the tendency to overeat. This is especially helpful for someone who has difficulty with portion control, because it removes the guesswork about how much to eat and creates a reliable path to a calorie deficit needed for weight loss. Implemented as part of a structured plan, substituting one or two meals can jump-start weight loss and help establish consistent eating patterns while ensuring essential nutrients are still consumed. Other scenarios—such as needing to lose only a small amount, dealing with late-night snacking, or lacking physical activity—may benefit from additional strategies, but the direct advantage of meal replacements is most evident for someone who struggles to gauge portions.

3. Which of the following describes Medical Nutrition Therapy (MNT)?

- A. It is the therapeutic application of nutrition care for a specific disease or condition.**
- B. It is a general dietary counseling approach not tailored to disease.
- C. It is a food safety protocol.
- D. It is only used in hospital settings.

Medical Nutrition Therapy is the therapeutic use of personalized nutrition care to treat or manage a specific disease or medical condition. It goes beyond general dietary advice by targeting the disease itself and using evidence-based dietary strategies. A nutrition professional, often a registered dietitian, conducts an assessment, sets disease-specific goals, and creates an individualized plan that may adjust energy needs, macronutrient distribution, and nutrient targets, followed by ongoing monitoring and adjustment. This approach is applied across many conditions, such as diabetes, kidney disease, cardiovascular disease, GI disorders, and malnutrition, and it can be delivered in hospitals, clinics, or community settings. It's not simply general dietary counseling, nor is it a food safety protocol, and it isn't limited to hospital settings.

4. What is the purpose of the nutrition diagnosis step in the Nutrition Care Process?

- A. identify the medical diagnosis of the client.
- B. plan interventions to address the nutrition problem.
- C. determine interventions, goals and expected outcomes.
- D. identify and label the nutrition problem.**

In the Nutrition Care Process, the nutrition diagnosis step serves to identify and label the nutrition problem in a standardized way. This means naming the nutrition issue the client is experiencing and articulating its cause and evidence so the care team can address it consistently. The diagnosis is often expressed as a PES statement—Problem related to Etiology as evidenced by Signs/Symptoms—linking what is wrong to why it is happening and what is observed. This step is distinct from identifying a medical diagnosis or from planning and implementing interventions; it provides a clear, measurable focus for care and helps set up appropriate goals and expected outcomes. So the main purpose is to identify and label the nutrition problem.

5. Why does the AAP recommend limiting juice in early care and education programs?

- A. Budget constraints may affect an ECE's ability to offer juice consistently
- B. Daily intake recommendations may be exceeded by consuming juice at home**
- C. Cross-contact can harm the health of children with allergies to foods found in juice
- D. Students who are not served juice at home may be hesitant to accept a serving of juice

Juice is limited in early care settings because it can push a child's total daily intake of sugar and calories beyond what is recommended. Many children already drink juice at home, so if juice is also offered at school, the combined amount can exceed the advised limit. Juice provides calories and sugars without the fiber of whole fruit, so limiting it helps keep overall intake within guidelines (often about 4–6 ounces per day for ages 1–6) and supports healthier choices like water, milk, and whole fruits.

6. Which term describes a diet that excludes all animal products?

- A. Vegetarian diet
- B. Pescatarian diet
- C. Vegan diet**
- D. Omnivore diet

Diets are classified by whether animal-derived foods are included. A vegan pattern is defined by excluding all animal products entirely—no meat, dairy, eggs, or other animal-based ingredients such as gelatin or honey. In contrast, vegetarian diets avoid meat but may still include dairy and eggs, depending on the subtype; pescatarian includes fish but not other meats; and omnivore includes both animal and plant foods. Because this diet excludes all animal products, the term that fits best is vegan.

7. In the ETHNIC model of culturally competent care, the 'E' stands for which concept?

- A. education
- B. empathy
- C. explanation**
- D. expectations

Explanation is what the E stands for in the ETHNIC model. This step emphasizes learning the patient's own explanation of their illness—the perceived cause, what they expect will happen, and what outcomes would be meaningful to them—while also providing a clear, culturally sensitive medical explanation in plain language. By inviting the patient to share their beliefs and then offering your explanation, you create a shared understanding, identify any cultural or language gaps, and tailor the plan so it makes sense within the patient's worldview. This mutual explanation builds trust, improves communication, and supports adherence to the agreed-upon plan.

8. In nutrition care documentation, what does Monitoring and Evaluation primarily focus on?

- A. Tracking progress toward goals using objective data and adjusting the plan as needed.**
- B. Documenting weight changes at baseline.
- C. Calculating energy needs.
- D. Recommending new recipes.

Monitoring and evaluation focus on observing and measuring a client's progress toward stated nutrition goals using objective data, and then adjusting the care plan based on what the data show. In practice, you track indicators over time—weight trends, dietary intake, lab values, symptoms, functional measures, and adherence—and compare them to the targets set in the plan. If progress isn't on track, you revise goals, tweak interventions, or adjust timelines to keep care effective and client-centered. This ongoing process happens at follow-up visits rather than being a one-time step. Baseline weight documentation is part of the initial assessment, not the ongoing monitoring focus. Calculating energy needs and other planning activities belong to assessment and plan development, not the continuous monitoring and adjustment emphasis. Recommending new recipes is part of the intervention approach, not the monitoring and evaluation function.

9. What is the typical approach to carbohydrate management in a diabetes meal plan?

- A. Carbohydrates are unlimited.
- B. Carbohydrates are counted and distributed evenly across meals, often using a consistent carbohydrate approach or exchange system.**
- C. Carbohydrates are avoided entirely.
- D. Carbohydrates are only eaten at breakfast.

Carbohydrate management in diabetes meal planning focuses on matching the amount of carbohydrate you eat with your body's insulin response and spreading that intake evenly across meals. This is usually done by counting carbohydrates and distributing them across meals, using either a consistent carbohydrate approach or an exchange system. Carbohydrate counting gives a flexible way to dose insulin based on the exact grams of carbs consumed, helping prevent large post-meal blood glucose spikes. The consistent carbohydrate method or exchange system sets predictable portions so each meal has a similar amount of carbohydrate, supporting steadier glucose responses throughout the day. Options that suggest unlimited carbohydrates aren't workable for glucose control, while avoiding carbohydrates entirely isn't practical or nutritionally sound for most people, and eating carbohydrates only at breakfast would create imbalanced glucose levels later on.

10. How many carbohydrate servings are in 45 grapes?

- A. 3**
- B. 1
- C. 2
- D. 4

Carbohydrate servings are counted in fixed amounts of carbohydrate, typically about 15 grams per serving. Grapes contain roughly 1 gram of carbohydrate each, so about 15 grapes equal 15 grams of carbohydrate—one serving. With 45 grapes, you're looking at about 45 grams of carbohydrate, which is three servings. (Size can adjust the exact count slightly, but this estimation fits standard meal-planning guidelines.)

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://eatrightprepdomain2.examzify.com>

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

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