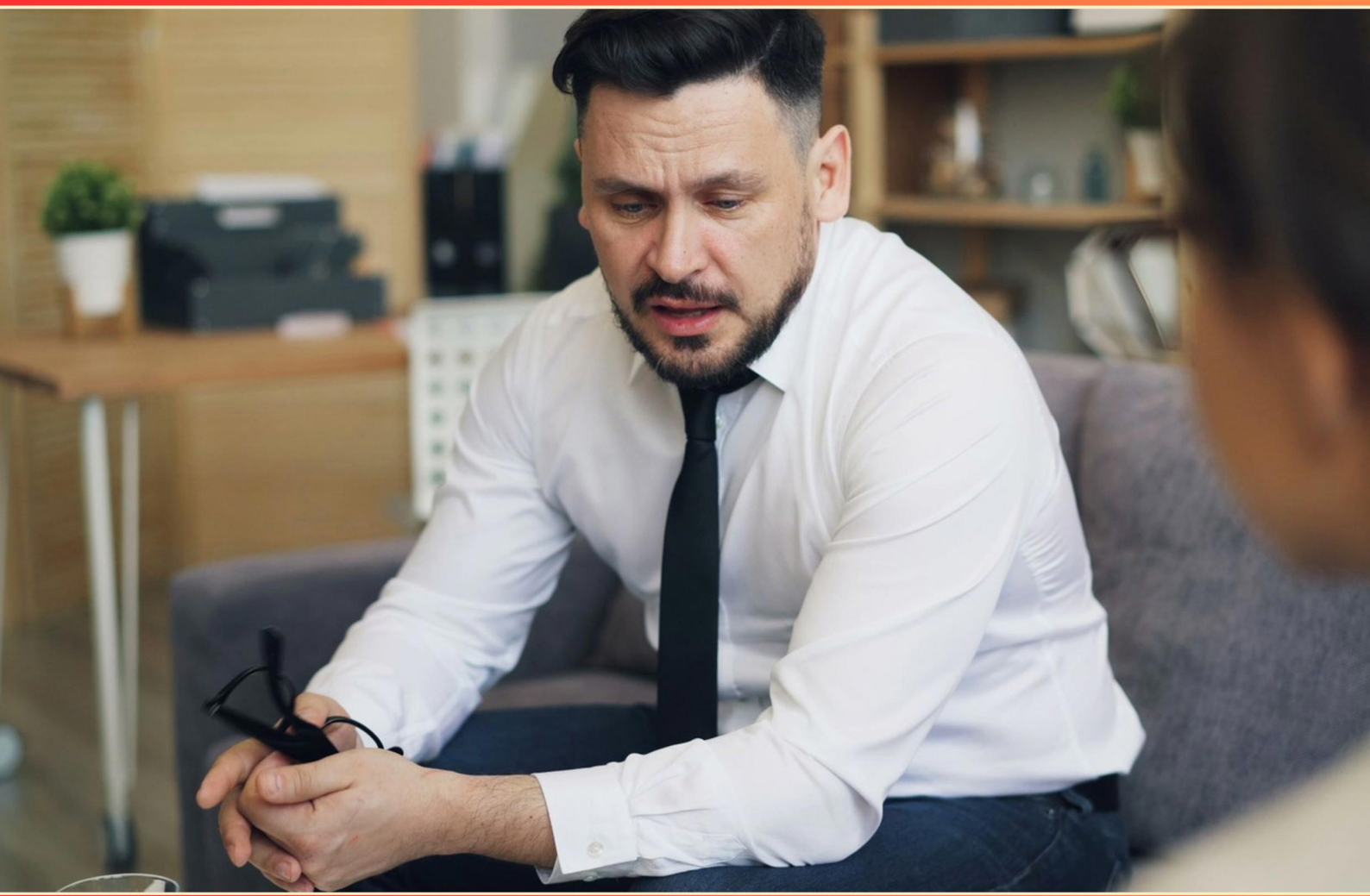
# EATRIGHTPREP REGISTERED DIETITIAN (RD) PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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https://eatrightpreprd.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

**1. Another name for irradiation is _____.**

A. Cold pasteurization

B. Ohmic heating

C. Gamma bombardment

D. Pulsed light

**2. Pascalization is another name for which processing method?**

A. Ohmic heating

B. Irradiation

C. Pulsed light

D. High-pressure processing

**3. Which activity factor is used to estimate energy needs for a sedentary lifestyle?**

A. 1.0

B. 1.4

C. 1.2

D. 1.6

**4. Which of the following is a main component used in DRIs?**

A. RDA, AI, UL, EAR

B. Percent Daily Value

C. Daily Value

D. Estimated Energy Requirement

**5. If the beginning inventory for January is overstated, what is the impact on January's COGS and net income?**

A. The COGS for January would be less than it actually was, and the net income would be less than it actually was.

B. The COGS for January would not be affected, and the net income for February would be less than it actually was.

C. The COGS for January would be more than it actually was, and the net income would be less than it actually was.

D. The COGS for January would be more than it actually was, and the net income would be more than it actually was.

**6. Dietetics students finishing supervised practice should be able to:**

A. develop a virtual learning environment.

B. use project management tools.

C. use computer application for advanced statistical analysis.

D. utilize an electronic health record and food and nutrition management systems and print educational materials for clients.

**7. An item with less than _____ kcal per serving can be considered "calorie free."**

A. 45

B. 35

C. 15

D. 5

**8. In foodservice, cycle menu vs static menu, which statement is true?**

A. A static menu is fixed and does not rotate.

B. A cycle menu repeats meals over a set period.

C. A cycle menu changes daily.

D. A static menu is planned for a week and repeats.

**9. In evidence-based practice, what type of work is considered the highest level of evidence for effect estimates?**

A. Randomized controlled trials

B. Observational studies

C. Systematic reviews and meta-analyses of randomized controlled trials

D. Expert opinions

**10. In BMI-for-age percentiles, obesity is defined as which threshold?**

A. ≥95th percentile.

B. <5th percentile.

C. 5th-85th percentile.

D. 85th-95th percentile.

# Answers

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

# Explanations

## 1. Another name for irradiation is _____.

A. Cold pasteurization

B. Ohmic heating

C. Gamma bombardment

D. Pulsed light

*Radiation treatment used to inactivate microbes in foods is described as a non-thermal process, often called cold pasteurization. This label emphasizes that pathogens are reduced without heating the product, preserving flavor and nutrients. Cold pasteurization is the term widely used in industry and regulation to describe irradiation of foods. The other options refer to different technologies: ohmic heating heats food from within using electrical resistance, pulsed light uses brief, intense light pulses, and gamma bombardment is a specific type of irradiation using gamma rays rather than the general method.*

## 2. Pascalization is another name for which processing method?

A. Ohmic heating

B. Irradiation

C. Pulsed light

D. High-pressure processing

*Pascalization refers to high-pressure processing of foods, where very high hydrostatic pressure is applied to inactivate microorganisms and enzymes while largely preserving heat-sensitive nutrients and flavors. The term comes from Blaise Pascal, reflecting the pressure-based nature of the method. This distinguishes it from other methods that rely on heat (ohmic heating generates heat through electrical resistance) or radiation (irradiation uses ionizing rays) or pulsed light (brief, intense light for surface decontamination). So, pascalization is the process of using high pressure to achieve microbial inactivation, which is why it's the correct choice.*

## 3. Which activity factor is used to estimate energy needs for a sedentary lifestyle?

A. 1.0

B. 1.4

C. 1.2

D. 1.6

*Estimating energy needs uses a multiplier that reflects how active a person is beyond rest. You multiply resting energy expenditure by an activity factor to get total energy needs. For a sedentary lifestyle, the appropriate factor is 1.2 because there is little activity beyond basic daily living, so energy expenditure is only moderately higher than resting levels. A factor of 1.0 would imply almost no activity beyond rest, which isn't realistic for everyday life; 1.4 corresponds to light activity, and 1.6 to moderate activity. So, 1.2 best matches a sedentary pattern.*

**4. Which of the following is a main component used in DRIs?**

A. RDA, AI, UL, EAR

B. Percent Daily Value

C. Daily Value

D. Estimated Energy Requirement

*DRIs rely on four primary reference values to assess nutrient intakes: Recommended Dietary Allowance (RDA), Adequate Intake (AI), Tolerable Upper Intake Level (UL), and Estimated Average Requirement (EAR). The EAR represents the daily intake estimated to meet the needs of 50% of healthy individuals in a group; the RDA is set higher to cover nearly all individuals (about 97–98%). When there isn't enough evidence to establish an RDA, an AI serves as the best available guideline. The UL marks the maximum daily intake unlikely to cause adverse effects, helping to prevent excessive consumption. Together, these values form the framework for evaluating and planning nutrient intake for individuals and populations, separate from labeling values. Percent Daily Value and Daily Value are labeling references used on nutrition facts panels to help consumers gauge how a serving contributes to daily goals, not part of the DRI framework. Estimated Energy Requirement is the estimated daily calories needed to maintain energy balance, focusing on energy needs rather than nutrient adequacy. Therefore, the set that includes RDA, AI, UL, and EAR best represents the main components used in DRIs.*

**5. If the beginning inventory for January is overstated, what is the impact on January's COGS and net income?**

A. The COGS for January would be less than it actually was, and the net income would be less than it actually was.

B. The COGS for January would not be affected, and the net income for February would be less than it actually was.

C. The COGS for January would be more than it actually was, and the net income would be less than it actually was.

D. The COGS for January would be more than it actually was, and the net income would be more than it actually was.

*When beginning inventory is overstated, COGS for the period goes up. This happens because COGS is calculated as Beginning Inventory plus Purchases minus Ending Inventory. An inflated beginning amount adds to the total cost of goods available for sale, so COGS increases by that same overstatement. Since net income is tied to gross profit (sales minus COGS) and other things held constant, a higher COGS reduces net income for January. So January's COGS would be more than it actually was, and January's net income would be less than it actually was. This error can also carry into the next period via the ending inventory becoming the beginning inventory.*

**6. Dietetics students finishing supervised practice should be able to:**

A. develop a virtual learning environment.

B. use project management tools.

C. use computer application for advanced statistical analysis.

D. utilize an electronic health record and food and nutrition management systems and print educational materials for clients.

*The skill being tested is the ability to integrate patient care with documentation and education using the systems in a dietetics setting. Utilizing an electronic health record lets you record nutrition assessments, diagnoses, interventions, and monitoring outcomes, ensuring accurate, accessible documentation and coordinated care with the rest of the health care team. Food and nutrition management systems support meal planning, diet modification, and menu/inventory management, which are essential for delivering appropriate nutrition services in clinical and foodservice settings. Printing educational materials for clients is crucial to ensure understanding, foster informed choices, and support adherence to the nutrition plan. Together, these capabilities reflect the practical, day-to-day functions of finishing supervised practice: documenting care, managing nutrition services, and educating clients. Other options focus on educational tech, general project management, or advanced statistical tools, which are not as directly tied to routine client-care responsibilities.*

**7. An item with less than _____ kcal per serving can be considered "calorie free."**

A. 45

B. 35

C. 15

D. 5

*The key idea is how calorie-free labeling is defined on food products. For a product to bear the claim calorie-free, it must contribute 5 calories or fewer per serving as listed on the Nutrition Facts panel. So the threshold is 5 kcal per serving, meaning items with 5 or fewer calories qualify, while those above 5 do not. The wording in the question uses "less than," but the regulatory standard effectively means up to 5 calories per serving. This is why the correct choice is 5. Remember that the serving size on the label governs whether a product meets this claim, and other labeling rules apply for different claims.*

**8. In foodservice, cycle menu vs static menu, which statement is true?**

A. A static menu is fixed and does not rotate.

B. A cycle menu repeats meals over a set period.

C. A cycle menu changes daily.

D. A static menu is planned for a week and repeats.

*Cycle menus are designed to be rotated in a planned sequence and then repeated after a defined period. That repetition over a set cycle is what makes a cycle menu efficient: it standardizes recipes, simplifies procurement and production planning, and helps ensure consistent nutrition across weeks. So the statement that a cycle menu repeats meals over a set period accurately captures how this approach works. In contrast, a static menu stays the same for a long stretch and does not rotate, which is why that description isn't describing cycle menus. A cycle menu does not change daily; it follows the cycle schedule, rather than shifting every day. And while a static menu can be planned for a week and appear to repeat, static means no rotation over time, whereas cycle means the specific meals will recur only after completing the cycle.*

**9. In evidence-based practice, what type of work is considered the highest level of evidence for effect estimates?**

A. Randomized controlled trials

B. Observational studies

C. Systematic reviews and meta-analyses of randomized controlled trials

D. Expert opinions

*When estimating how big an effect is, combining results from multiple randomized trials in a systematic review and, if possible, a meta-analysis provides the strongest evidence. Randomized trials are great because randomization reduces confounding, but a single trial offers a limited, sometimes noisy estimate. By systematically searching for all relevant trials and pooling their results, you get a more precise and generalizable effect size, with a confidence interval that reflects both sampling error within studies and variability between studies. This approach also lets you assess consistency across trials and explore why results might differ, enhancing the reliability of the estimate. Observational studies are more vulnerable to bias and confounding, and expert opinions lack empirical effect data, so they don't provide the same level of evidence for effect estimates.*

**10. In BMI-for-age percentiles, obesity is defined as which threshold?**

A. ≥95th percentile.

B. <5th percentile.

C. 5th-85th percentile.

D. 85th-95th percentile.

*The main idea is that BMI-for-age uses how a child's BMI compares to peers of the same age and sex. Obesity is defined as a BMI that is at or above the 95th percentile for that age and sex. This high cutoff separates those with the greatest BMI relative to their peers, indicating excess adiposity beyond normal growth variation. The other ranges map to overweight (85th–94th percentile), healthy weight (roughly 5th–84th/85th percentile), and underweight (<5th percentile), so the 95th percentile threshold is the specific cut used for obesity.*

# 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://eatrightpreprd.examzify.com

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