

Health Online Nutrition and Physical Activity Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. What is one step that teens can take to help advocate for food security?**
 - A. Ask local gyms for free memberships.**
 - B. Visit their mayors to present ideas on yoga classes.**
 - C. Petition parks departments for walking trails.**
 - D. Write letters to the editor about grocery store availability.**
- 2. Which item contains about a quarter of the recommended daily value of fat per serving?**
 - A. Fried chicken**
 - B. Low-fat yogurt**
 - C. Whole-grain rice**
 - D. Pecan pie**
- 3. What program helps low-income individuals and families by providing food stamps?**
 - A. WIC.**
 - B. NSLP.**
 - C. LIHEAP.**
 - D. SNAP.**
- 4. How can Rosa and Felix stay healthy during their family reunion?**
 - A. Choose lean cuts of meat**
 - B. Snack on bread between meals**
 - C. Drink soda instead of water**
 - D. Fill their plates with fried foods**
- 5. Which action can individuals take to impact their community in the area of nutrition?**
 - A. Exercise regularly.**
 - B. Take swim classes at the local YMCA.**
 - C. Organize a sports program.**
 - D. Donate healthy food to a food bank.**

- 6. What long-term health effect is highly associated with anorexia nervosa?**
- A. Bone fractures**
 - B. Dehydration problems**
 - C. Nervous system problems**
 - D. Schizophrenia**
- 7. Which factor could significantly alter an individual's dietary requirements?**
- A. Age**
 - B. Favorite foods**
 - C. Social circles**
 - D. Hobbies**
- 8. What is one of the benefits of community gardens?**
- A. They promote unhealthy eating habits**
 - B. They provide a source of nutritious produce**
 - C. They take up space meant for urban development**
 - D. They require costly subscription fees**
- 9. What is an important aspect for Corey to maintain while pursuing competitive sports?**
- A. Focusing solely on weight**
 - B. Following a strict diet regimen**
 - C. Maintaining a balanced perspective on health**
 - D. Neglecting mental health**
- 10. Which statement regarding vitamin needs is true for males and females ages 19-30?**
- A. Vitamin C needs are higher for males**
 - B. Vitamin E needs are greater for males**
 - C. Folate needs are the same**
 - D. Vitamin E needs are the same**

Answers

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

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Explanations

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1. What is one step that teens can take to help advocate for food security?

- A. Ask local gyms for free memberships.**
- B. Visit their mayors to present ideas on yoga classes.**
- C. Petition parks departments for walking trails.**
- D. Write letters to the editor about grocery store availability.**

Writing letters to the editor about grocery store availability is an effective way for teens to advocate for food security because it raises awareness of the issue in their community. This action encourages public discourse and can draw attention from local officials, businesses, and other citizens. By articulating the challenges related to access to healthy food options, teens can motivate community members to consider solutions, whether that's improving grocery store availability or exploring other local food resources. Increasing visibility of the problem through local media can lead to action from community leaders who can make a difference in addressing food deserts or insufficient food resources in the area. The other choices, while they may have their benefits related to health and community engagement, do not directly tackle the critical issue of food security in the same manner. Asking local gyms for free memberships does not relate to food access, presenting ideas on yoga classes to mayors does not address food availability, and petitioning for walking trails, while promoting physical activity, lacks a direct connection to ensuring that community members have access to the food they need.

2. Which item contains about a quarter of the recommended daily value of fat per serving?

- A. Fried chicken**
- B. Low-fat yogurt**
- C. Whole-grain rice**
- D. Pecan pie**

Low-fat yogurt is a dairy product that typically contains less fat than regular yogurt while still providing essential nutrients such as protein, calcium, and various vitamins. The fat content in low-fat yogurt is usually reduced to a level that aligns with dietary guidelines, meaning that a serving often contains around a quarter of the recommended daily value of fat. This makes it a suitable option for those looking to manage their fat intake while still enjoying a nutritious food choice. In contrast, fried chicken is traditionally high in fat due to the cooking method and the skin, which leads to a significantly higher fat content per serving. Whole-grain rice, primarily a carbohydrate source, has minimal fat and does not contribute substantially to daily fat intake. Pecan pie, while delicious, contains high amounts of fat due to the nuts and other ingredients like butter, often exceeding a quarter of the recommended daily fat value in just one serving. Thus, low-fat yogurt stands out as an option that provides a moderate amount of fat in accordance with dietary recommendations.

3. What program helps low-income individuals and families by providing food stamps?

- A. WIC.**
- B. NSLP.**
- C. LIHEAP.**
- D. SNAP.**

The program that specifically assists low-income individuals and families by providing food stamps is the Supplemental Nutrition Assistance Program (SNAP). This program is designed to alleviate food insecurity by providing financial assistance that helps eligible participants purchase nutritious food. The benefits work as a supplemental income to help cover the cost of groceries, ensuring that individuals and families have access to essential food items for a healthy diet. In contrast, WIC (Women, Infants, and Children) provides nutrition assistance specifically targeted at pregnant women, new mothers, and young children but does not cover a broader range of needs like SNAP. The National School Lunch Program (NSLP) focuses on providing free or reduced-price meals to children in schools, ensuring that students receive proper nutrition during the school day but does not directly supply financial assistance for purchasing food at home. The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income households with their home energy costs, which is unrelated to food assistance. Therefore, SNAP is the appropriate choice for food stamp benefits targeting low-income individuals and families.

4. How can Rosa and Felix stay healthy during their family reunion?

- A. Choose lean cuts of meat**
- B. Snack on bread between meals**
- C. Drink soda instead of water**
- D. Fill their plates with fried foods**

Choosing lean cuts of meat is a smart decision for Rosa and Felix to maintain a healthy diet during their family reunion. Lean meats provide essential protein while being lower in saturated fats compared to fatty cuts. This helps to support muscle maintenance and overall health without contributing excessive calories or unhealthy fats to their diet. By opting for options like skinless poultry, lean cuts of beef, pork tenderloin, or fish, they can enjoy flavorful meals that nourish their bodies. In contrast, snacking on bread could lead to excessive carbohydrate intake without sufficient nutrients, while drinking soda adds sugar and empty calories to their diet, which can contribute to weight gain and other health issues. Moreover, filling plates with fried foods usually means higher levels of unhealthy fats and calories, which can negatively impact heart health and overall well-being. Thus, opting for lean meats aligns perfectly with a healthy lifestyle approach.

5. Which action can individuals take to impact their community in the area of nutrition?

- A. Exercise regularly.**
- B. Take swim classes at the local YMCA.**
- C. Organize a sports program.**
- D. Donate healthy food to a food bank.**

Donating healthy food to a food bank serves as a direct method for individuals to positively influence their community's nutrition. This action addresses food insecurity and provides access to nutritious options for those who may not have the means to afford them. Community food banks play a critical role in supporting individuals and families in need, and by contributing healthy food, individuals can help improve the overall dietary quality of meals available to members of their community. This can lead to better health outcomes, as access to nutritious food is fundamental to maintaining a balanced diet. Other actions listed, while beneficial for personal health or community engagement, do not directly address the nutritional needs of the community in the same impactful way as donating food. Exercise and swimming classes enhance personal fitness and wellness but do not directly alleviate community nutrition issues. Organizing a sports program encourages physical activity, but it also does not focus on improving nutrition directly. Only the act of donating food specifically targets the need for better nutritional resources in the community.

6. What long-term health effect is highly associated with anorexia nervosa?

- A. Bone fractures**
- B. Dehydration problems**
- C. Nervous system problems**
- D. Schizophrenia**

Anorexia nervosa can lead to significant long-term health effects due to the extreme restriction of food intake and resulting nutritional deficiencies. One of the most severe complications associated with this eating disorder is the development of osteoporosis or weakened bones, which increases the risk of bone fractures. The lack of essential nutrients, particularly calcium and vitamin D, along with the loss of body fat, interferes with bone density and health. As individuals with anorexia often experience hormonal imbalances, the decrease in estrogen levels, especially in females, can further exacerbate bone loss. This makes the association between anorexia nervosa and increased susceptibility to bone fractures a critical concern for long-term health in individuals suffering from this disorder. While dehydration and nervous system problems are also potential issues linked to anorexia, these are often seen in more immediate contexts rather than as long-term lasting effects. Schizophrenia, while a serious mental condition, is not directly a consequence of anorexia nervosa. The long-term health implications of anorexia primarily revolve around skeletal health and the risk of fractures, making the association with bone fractures particularly significant.

7. Which factor could significantly alter an individual's dietary requirements?

- A. Age**
- B. Favorite foods**
- C. Social circles**
- D. Hobbies**

Age is a significant factor that can alter an individual's dietary requirements because nutritional needs change throughout the lifecycle. For example, children require more calories and specific nutrients to support growth and development, while adults have different needs that emphasize maintaining health and preventing chronic diseases. As individuals age, their metabolism typically slows down, and their nutrient needs may shift, often necessitating adjustments in diet to account for changes in energy expenditure, physical activity levels, and the body's ability to absorb nutrients. These alterations underscore the importance of tailoring dietary choices to accommodate the specific needs associated with different stages of life. In contrast, while favorite foods, social circles, and hobbies can influence dietary preferences and food choices, they do not inherently change nutritional needs. These factors may affect an individual's eating patterns or the types of foods consumed, but they are not direct determinants of the body's nutritional requirements in the way that age is.

8. What is one of the benefits of community gardens?

- A. They promote unhealthy eating habits**
- B. They provide a source of nutritious produce**
- C. They take up space meant for urban development**
- D. They require costly subscription fees**

Community gardens offer a range of benefits, one of the most significant being that they provide a source of nutritious produce. These gardens enable individuals and families to grow their own fruits and vegetables, which can lead to increased access to healthy food options, especially in urban areas where fresh produce may be limited. By cultivating their own gardens, people can not only enjoy the taste of freshly harvested food but also improve their dietary habits by incorporating more fruits and vegetables into their diets. Furthermore, community gardens often foster a sense of community and encourage social interaction, which can contribute positively to mental well-being. They provide educational opportunities about gardening and nutrition, thus promoting healthier lifestyle choices. This multifaceted impact illustrates why community gardens are regarded as valuable resources for enhancing the nutrition and overall health of community members.

9. What is an important aspect for Corey to maintain while pursuing competitive sports?

- A. Focusing solely on weight**
- B. Following a strict diet regimen**
- C. Maintaining a balanced perspective on health**
- D. Neglecting mental health**

Maintaining a balanced perspective on health is crucial for someone like Corey who is pursuing competitive sports. This approach encompasses not just physical conditioning and performance but also emotional and mental well-being. Engaging in competitive sports can be physically demanding and mentally taxing, making it important for athletes to focus on overall health rather than just one aspect, such as weight or diet. A balanced perspective allows athletes to understand the importance of nutrition, exercise, and mental health. It encourages them to listen to their bodies, manage stress, and enjoy the sport rather than feeling overwhelmed or pressured. This holistic view helps in preventing burnout, injuries, and psychological issues that can arise when athletes only focus on competitive success or restrictive dietary practices. In competitive sports, athletes face various pressures—be it from coaches, peers, or their own expectations. By adopting a comprehensive approach to health, Corey can cultivate resilience, improve performance sustainably, and maintain a love for the sport, ensuring long-term success and well-being.

10. Which statement regarding vitamin needs is true for males and females ages 19-30?

- A. Vitamin C needs are higher for males**
- B. Vitamin E needs are greater for males**
- C. Folate needs are the same**
- D. Vitamin E needs are the same**

The choice indicating that vitamin E needs are the same for both males and females ages 19-30 is accurate because the dietary reference intakes (DRIs) set by nutritional guidelines recognize that both genders have the same requirement for vitamin E in this age group. This means that regardless of gender, the amount of vitamin E needed to achieve adequate health benefits and prevent deficiencies is consistent for both males and females. It's important to note that while some vitamins have different recommendations based on gender, vitamin E is not one of them in this particular age range. This standardization reflects the understanding that vitamin E functions similarly in the body regardless of sex, contributing to immune function and acting as an antioxidant. In contrast, other vitamins, such as vitamin C and folate, may have different needs based on gender, reflecting various physiological factors, including differences in metabolism, hormonal influences, or reproductive health. For example, vitamin C requirements could be higher for males due to larger body mass or differences in lifestyle factors, while folate needs may vary due to biological functions specifically associated with females.