

HEALTH ONLINE NUTRITION AND PHYSICAL ACTIVITY PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://healthonlinenutritionphysactivity.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. According to MyPlate guidelines, how should the plate be divided?**
 - A. Fruits should make up one-half of the plate
 - B. Grains should make up less than one-fourth of the plate
 - C. Vegetables should make up more than one-fourth of the plate
 - D. Protein should fill half the plate
- 2. What behavioral characteristic is often seen in individuals with eating disorders?**
 - A. Eating a balanced diet
 - B. Frequent social dining
 - C. Compulsive exercise
 - D. Mindful eating
- 3. An adult should get how many minutes of vigorous aerobic activity per week?**
 - A. 30 minutes
 - B. 60 minutes
 - C. 75 minutes
 - D. 90 minutes
- 4. What is one of the first steps Corey took in recognizing he needs help?**
 - A. He isolated himself from friends.
 - B. He reached out to a support hotline.
 - C. He started a new diet plan.
 - D. He stopped exercising altogether.
- 5. What can excessive intake of added sugars impact?**
 - A. Weight stability
 - B. Energy levels
 - C. Heart health
 - D. Muscle recovery

- 6. What is an important action for maintaining a healthy lifestyle?**
- A. Regular physical activity
 - B. Ignoring water intake
 - C. Consuming highly processed foods
 - D. Only eating at restaurants
- 7. In the region of California, where are summer lunch programs most concentrated?**
- A. In small towns
 - B. Along the coast
 - C. In large cities
 - D. In rural areas
- 8. Which factors of her study can Tasha control to ensure it closely resembles the original study?**
- A. The lifestyle and physical condition of the subjects
 - B. The number of subjects
 - C. The genetic variances among the subjects
 - D. The age and sex of the subjects
- 9. Which phrase best describes body composition?**
- A. a way to manage body weight
 - B. the percentage of fat in the body
 - C. the entire makeup of the human body
 - D. substances in equal amounts in the body
- 10. Which of the following attributes is part of the Let's Move! program aimed at promoting health?**
- A. Moving out of impoverished areas
 - B. Providing healthy food in schools
 - C. Increasing screen time for children
 - D. Promoting sugary snacks in schools

Answers

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

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Explanations

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1. According to MyPlate guidelines, how should the plate be divided?

- A. Fruits should make up one-half of the plate
- B. Grains should make up less than one-fourth of the plate
- C. Vegetables should make up more than one-fourth of the plate**
- D. Protein should fill half the plate

The correct approach according to MyPlate guidelines emphasizes that vegetables should indeed make up more than one-fourth of the plate. MyPlate is designed to encourage a balanced diet that includes a variety of food groups. The recommended composition suggests that half of the plate be filled with fruits and vegetables combined, with vegetables being a significant portion of that half. This promotes an intake rich in essential vitamins, minerals, and fiber, which are crucial for overall health and dietary balance. The emphasis on having vegetables constitute a substantial portion is due to their low calorie density and high nutrient content, making them an important component for a healthy diet. This differentiates the guidelines from other food groups, ensuring that individuals prioritize vegetables. In contrast, the other options suggest incorrect proportions or priorities that do not align with the MyPlate framework, which stresses variety and balance in food choices. For instance, the first option overemphasizes fruits at the expense of vegetables, while the percentages assigned to grains and protein do not reflect the balanced aim of the plate's division according to MyPlate guidance.

2. What behavioral characteristic is often seen in individuals with eating disorders?

- A. Eating a balanced diet
- B. Frequent social dining
- C. Compulsive exercise**
- D. Mindful eating

Compulsive exercise is a significant behavioral characteristic often observed in individuals with eating disorders. This behavior typically manifests as an excessive, uncontrolled need to exercise, which can be driven by an extreme desire to lose weight or maintain a certain body image. Individuals may engage in strenuous exercise routines regardless of fatigue, injury, or adverse weather conditions. For those with eating disorders, exercise often becomes a way to compensate for food intake or to alleviate feelings of distress associated with their eating behaviors. The other options describe behaviors that are generally not associated with eating disorders. Eating a balanced diet indicates a healthy relationship with food, which contrasts with the erratic and unhealthy eating patterns typically seen in individuals struggling with these disorders. Frequent social dining suggests an ability to engage in normal eating behaviors in social situations, which can be difficult for someone with an eating disorder due to anxiety or avoidance of food in social contexts. Mindful eating, which focuses on being present during meals and promoting a healthy relationship with food, is also generally not characteristic of eating disorders, where individuals might be preoccupied with food or their body image rather than enjoying the eating experience.

3. An adult should get how many minutes of vigorous aerobic activity per week?

- A. 30 minutes
- B. 60 minutes
- C. 75 minutes**
- D. 90 minutes

The recommendation for adults is to engage in at least 75 minutes of vigorous aerobic activity per week. Vigorous aerobic activity refers to exercises that significantly elevate the heart rate and breathing, such as running, swimming laps, or high-intensity cycling. This level of intensity is important for promoting cardiovascular health, improving endurance, and providing benefits that contribute to overall fitness. Engaging in this amount of vigorous activity helps meet the guidelines set by health authorities, such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). These recommendations emphasize not just the duration but the importance of incorporating moderate to vigorous physical activity into one's weekly routine for optimal health benefits. The other options suggest durations that fall below the established minimum for vigorous intensity, which may not sufficiently provide the same health advantages expected from higher-intensity workouts. It is crucial for individuals looking to optimize their fitness plan to aim for adherence to these guidelines.

4. What is one of the first steps Corey took in recognizing he needs help?

- A. He isolated himself from friends.
- B. He reached out to a support hotline.**
- C. He started a new diet plan.
- D. He stopped exercising altogether.

Reaching out to a support hotline is a significant first step in recognizing the need for help. This action indicates an awareness of one's challenges and a willingness to seek guidance or support from others. By contacting a support hotline, Corey demonstrates that he is taking proactive measures to address his situation, thereby connecting with resources that can provide assistance and advice tailored to his needs. This step is often crucial for individuals in crisis, as it opens the door to professional help, emotional support, and community resources that encourage positive changes and coping strategies. Other choices reflect behaviors that might suggest withdrawal or avoidance rather than seeking help. Isolating oneself, starting a new diet plan, or stopping exercise altogether might indicate a struggle but do not represent the initiative of reaching out for support or intervention. Recognizing the need for help typically involves seeking assistance rather than withdrawing or changing behaviors in ways that could be unhealthy or unproductive.

5. What can excessive intake of added sugars impact?

- A. Weight stability
- B. Energy levels
- C. Heart health**
- D. Muscle recovery

Excessive intake of added sugars has a well-documented negative impact on heart health. Consuming high amounts of added sugars can lead to obesity, inflammation, and increased triglyceride levels, which are significant risk factors for cardiovascular diseases. Diets high in added sugars can also contribute to conditions such as high blood pressure and abnormal cholesterol levels, further compounding the risks associated with heart health. Maintaining a diet with limited added sugars is crucial for promoting cardiovascular wellness and reducing the likelihood of heart-related issues. On the other hand, while added sugars can influence energy levels and body weight, their specific and direct link to cardiovascular health makes heart health the most significant concern with excessive added sugar intake.

6. What is an important action for maintaining a healthy lifestyle?

- A. Regular physical activity**
- B. Ignoring water intake
- C. Consuming highly processed foods
- D. Only eating at restaurants

Regular physical activity is essential for maintaining a healthy lifestyle for several reasons. Engaging in consistent exercise helps manage weight, strengthens the cardiovascular system, and improves overall physical fitness. It aids in the prevention of chronic diseases, enhances mental health by reducing symptoms of anxiety and depression, and boosts energy levels. Physical activity also plays a significant role in promoting a balanced metabolism and can improve the quality of sleep. Regular exercise contributes to stronger bones and muscles, improves flexibility and balance, and can enhance mood through the release of endorphins. In contrast, ignoring water intake, consuming highly processed foods, or only eating at restaurants can have negative impacts on health. These choices can lead to dehydration, nutritional deficiencies, and an increased risk of obesity and related health issues. Therefore, prioritizing regular physical activity is crucial for fostering a sustainable, healthy lifestyle.

7. In the region of California, where are summer lunch programs most concentrated?

- A. In small towns
- B. Along the coast
- C. In large cities**
- D. In rural areas

Summer lunch programs are primarily concentrated in large cities due to the higher population density and greater number of children who qualify for free or reduced-price meals, which these programs aim to serve. Urban areas typically have more resources and infrastructure to support such initiatives, as well as higher rates of childhood food insecurity. This concentration allows for a more organized distribution of meals and a larger outreach to families in need during the summer months when school lunch programs are not in operation. In contrast, small towns and rural areas might have fewer resources, a smaller population of eligible children, or logistical challenges that make implementing these programs less effective or widespread. The geographic and demographic factors in large cities create an environment that is more conducive to the establishment and success of summer lunch programs.

8. Which factors of her study can Tasha control to ensure it closely resembles the original study?

- A. The lifestyle and physical condition of the subjects
- B. The number of subjects**
- C. The genetic variances among the subjects
- D. The age and sex of the subjects

The number of subjects in Tasha's study is a critical factor she can control to ensure her study closely resembles the original study. Controlling the sample size helps in maintaining the statistical power of the study, allowing for more reliable and valid results. A similar number of participants can also help in comparing outcomes more effectively against the original study, particularly if the original had a specific sample size that contributed to its findings. While other factors, such as the lifestyle and physical condition of the subjects, genetic variances, and age and sex, have important implications for the study, they are less directly controllable. For example, while Tasha can select participants within certain age and sex ranges, individual genetic makeups and the personal lifestyle choices of subjects are inherently variable and may not be easily standardized. Thus, controlling the number of subjects is the most feasible way to mimic the original study's conditions.

9. Which phrase best describes body composition?

- A. a way to manage body weight
- B. the percentage of fat in the body
- C. the entire makeup of the human body**
- D. substances in equal amounts in the body

Body composition refers to the entire makeup of the human body, encompassing different components such as muscle mass, fat mass, water, and bone density. Understanding body composition is essential for assessing overall health, as it provides insight not only into your weight but also into how much of that weight comes from muscle versus fat. While the percentage of fat in the body and managing body weight are important aspects of health and fitness, they are specific elements of the broader concept. The phrase about substances in equal amounts in the body is not relevant, as body composition does not imply equal distribution of its various components. Instead, it emphasizes the diverse nature of the components that contribute to an individual's physical structure and health status.

10. Which of the following attributes is part of the Let's Move! program aimed at promoting health?

- A. Moving out of impoverished areas
- B. Providing healthy food in schools**
- C. Increasing screen time for children
- D. Promoting sugary snacks in schools

The Let's Move! program, launched by former First Lady Michelle Obama, focuses on various initiatives aimed at combating childhood obesity and promoting healthier lifestyles among children. One of the core attributes of the program is the emphasis on providing healthy food in schools. This initiative aims to ensure that children have access to nutritious meals during school hours, which is crucial for their physical health, cognitive development, and overall well-being. By focusing on improving the quality of school meals, the Let's Move! program encourages children to make healthier food choices and enhances their understanding of nutrition. When schools provide healthier options, it not only helps in creating a supportive environment for healthy eating but also educates children about the importance of nutrition, which can have a lasting impact on their lifestyle choices as they grow. Other options present ideas that do not align with the goals of the Let's Move! initiative. For instance, increasing screen time for children does not promote physical activity or healthy engagement, while promoting sugary snacks and moving out of impoverished areas does not address the immediate need for healthy, accessible food in schools, nor does it directly support the aim of fostering physical activity and nutrition awareness among children.

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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