

# Jean Inman Registered Dietitian (RD) Domain 3 Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. Find the cost per meal if you serve 120,000 meals, spend \$46,000 in food purchases and \$1,250 worth of food was removed from the inventory.**
  - A. \$.39**
  - B. \$.42**
  - C. \$.37**
  - D. \$.43**
- 2. When preparing a budget, which management function is involved?**
  - A. Controlling**
  - B. Organizing**
  - C. Evaluating**
  - D. Projecting**
- 3. Which categories are included in psychographic marketing?**
  - A. Age, gender, race, education**
  - B. Urban, suburban, cultural values**
  - C. Social class, lifestyle, motive behind purchases**
  - D. Income, education**
- 4. What management function involves measuring performance and taking corrective action to achieve goals?**
  - A. Planning**
  - B. Directing**
  - C. Controlling**
  - D. Organizing**
- 5. With a weekly budget of \$8640 and a salary of \$12/hour, how many FTEs can be hired?**
  - A. 10**
  - B. 13**
  - C. 16**
  - D. 18**

- 6. How long should it take a unit to assemble approximately 350 trays at a productivity goal of 4 trays per minute?**
- A. 1 hour**
  - B. 1 hour 15 minutes**
  - C. 1 hour 30 minutes**
  - D. 1 hour 45 minutes**
- 7. Which of the following serves as an outcome indicator?**
- A. Inventories are recorded weekly**
  - B. Clients are satisfied with the meals provided**
  - C. Assessments are recorded within 24 hours of admission**
  - D. Diagnoses are recorded within the PES statements**
- 8. The efficiency of a foodservice employee is increased if the work center is designed to allow the employee to:**
- A. Sit and reach**
  - B. Stand and reach**
  - C. Use two hands**
  - D. Use zigzag motions**
- 9. Which funding method is typically used for short-term financial needs?**
- A. Grants**
  - B. Loans**
  - C. Donations**
  - D. Investments**
- 10. What procedure is binding and cannot be changed?**
- A. arbitration**
  - B. mediation**
  - C. an injunction**
  - D. collective bargaining**

## **Answers**

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

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## **Explanations**

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**1. Find the cost per meal if you serve 120,000 meals, spend \$46,000 in food purchases and \$1,250 worth of food was removed from the inventory.**

**A. \$.39**

**B. \$.42**

**C. \$.37**

**D. \$.43**

To determine the cost per meal, you need to calculate the total food cost and then divide that by the number of meals served. First, start with the total food purchases, which is \$46,000. Since \$1,250 worth of food was removed from inventory, this means that this amount of food is not included as part of the cost for the meals served. Thus, you should subtract this from the total food purchases: Total food cost = Total purchases - Food removed from inventory Total food cost = \$46,000 - \$1,250 Total food cost = \$44,750 Next, you can find the cost per meal by dividing the total food cost by the number of meals served: Cost per meal = Total food cost / Number of meals served Cost per meal = \$44,750 / 120,000 Cost per meal = \$0.3729 When rounded to two decimal places, this results in approximately \$0.37. This confirms that the calculation points towards the correct option, which indicates the rationale behind reaching the answer effectively. Thus, the correct option reflects an accurate assessment of the cost per meal based on the given values.

**2. When preparing a budget, which management function is involved?**

**A. Controlling**

**B. Organizing**

**C. Evaluating**

**D. Projecting**

In the context of preparing a budget, the management function that is primarily involved is controlling. This function is essential as it encompasses setting standards, measuring actual performance against those standards, and taking corrective actions if necessary. When a budget is prepared, it serves as a financial plan that sets expectations for revenue and expenditures, which allows management to monitor financial performance over time. Controlling helps ensure that financial resources are used effectively and aligns with the organization's goals. It allows managers to assess whether the budget is being followed and whether the organization is on track to meet its financial objectives. By analyzing variances between the budgeted figures and actual performance, managers can identify areas that require adjustment, ensuring that the organization remains financially sustainable and can achieve its strategic goals. Organizing, while important in arranging resources for efficient operation, is not specifically tied to the budget preparation process in the same way as controlling. Evaluating generally refers to assessing outcomes or performance post-implementation, and projecting involves forecasting future financial status, which may inform the budget but is not the act of preparing it itself.

### 3. Which categories are included in psychographic marketing?

- A. Age, gender, race, education
- B. Urban, suburban, cultural values
- C. Social class, lifestyle, motive behind purchases**
- D. Income, education

The correct answer highlights important elements of psychographic marketing, which focuses on understanding consumer behavior through their psychological attributes, including values, attitudes, interests, and lifestyles. Psychographic segmentation allows marketers to go beyond basic demographic factors and instead look at the motivations that drive consumer decisions. Social class is a critical category in psychographic marketing, as it often influences lifestyle choices and purchasing behavior. Different social classes tend to have distinct preferences and values that inform their buying patterns. Additionally, lifestyle considerations examine how consumers live, what they do in their free time, and their general habits, which can significantly inform marketing strategies. The motive behind purchases reflects the psychological reasons that lead to buying decisions, such as the need for social acceptance, self-identity, or convenience, which are essential to understanding consumer behavior. In contrast, the other options primarily focus on demographic information or geographical classifications rather than psychological attributes. While age, gender, race, and education can provide basic insights into consumer segments, they do not delve into the underlying motivations that psychographic marketing seeks to explore. Urban, suburban, and cultural values may define geographic or cultural segments but do not capture the psychological drivers of consumer behavior. Lastly, income and education, although relevant in certain marketing contexts, don't fully encompass the

### 4. What management function involves measuring performance and taking corrective action to achieve goals?

- A. Planning
- B. Directing
- C. Controlling**
- D. Organizing

The management function that involves measuring performance and taking corrective action to achieve goals is controlling. This function is integral for ensuring that an organization's objectives are met effectively and efficiently. Controlling includes evaluating the actual performance against the planned performance, identifying any discrepancies, and implementing corrective measures if necessary. By monitoring and assessing various operations within the organization, managers can identify areas that are not meeting the desired standards and take appropriate action to align outcomes with the established goals. This could involve adjusting processes, reallocating resources, or modifying strategies to improve performance. In contrast, the other managerial functions play different roles: planning focuses on setting goals and determining how to achieve them, directing involves guiding and leading team members to execute plans, and organizing pertains to arranging resources and tasks to implement plans. Each function is vital, but controlling specifically addresses the ongoing evaluation and adjustment of performance to ensure goals are achieved.

**5. With a weekly budget of \$8640 and a salary of \$12/hour, how many FTEs can be hired?**

- A. 10**
- B. 13**
- C. 16**
- D. 18**

To determine how many Full-Time Equivalents (FTEs) can be hired with a weekly budget of \$8640 and a salary of \$12 per hour, it is essential to calculate the total weekly hours that an FTE works and then see how many of those can be accommodated within the budget. A standard full-time workweek is typically considered to be 40 hours. Therefore, the weekly salary for one FTE at a rate of \$12 per hour can be calculated as follows: Weekly salary for one FTE:  $\$12/\text{hour} \times 40 \text{ hours/week} = \$480/\text{week}$  Next, we find out how many FTEs can be supported with the available weekly budget of \$8640: Number of FTEs = Total Budget / Salary per FTE Number of FTEs =  $\$8640 / \$480 = 18$  This calculation reveals that you can hire 18 full-time employees given the budget constraints. Thus, the correct answer is that 18 FTEs can indeed be hired.

**6. How long should it take a unit to assemble approximately 350 trays at a productivity goal of 4 trays per minute?**

- A. 1 hour**
- B. 1 hour 15 minutes**
- C. 1 hour 30 minutes**
- D. 1 hour 45 minutes**

To determine how long it will take to assemble approximately 350 trays at a productivity rate of 4 trays per minute, we need to perform some calculations based on these figures. First, calculate the total time required in minutes to assemble 350 trays. This can be done by dividing the total number of trays by the rate of tray assembly per minute:  $350 \text{ trays} \div 4 \text{ trays per minute} = 87.5 \text{ minutes}$  Now, to convert the total time from minutes to hours and minutes, it's helpful to note that there are 60 minutes in an hour. Since 87.5 minutes can be broken down as follows: - 87 minutes is 1 hour and 27 minutes, with the remaining 0.5 minutes being additional time which can be represented as 30 seconds. However, when looking at the choices provided, the closest and most practical conversion is to round it in terms of hour and full minutes, which makes us understand that 87.5 minutes is approximately 1 hour and 30 minutes. Thus, the answer that aligns best with the calculated time is 1 hour and 30 minutes, confirming that this is indeed the correct choice.

**7. Which of the following serves as an outcome indicator?**

- A. Inventories are recorded weekly**
- B. Clients are satisfied with the meals provided**
- C. Assessments are recorded within 24 hours of admission**
- D. Diagnoses are recorded within the PES statements**

Outcome indicators are measures that evaluate the results of a process, program, or intervention, usually in terms of client satisfaction or health improvement. In this context, the option regarding client satisfaction with the meals provided serves as a direct reflection of the effectiveness of the dietary services provided. This measure assesses the impact of those services from the client's perspective, indicating whether their needs and expectations are being met. Client satisfaction is a key component in evaluating the quality of care and can lead to adjustments that enhance client experience and nutritional outcomes. This aspect not only reflects the success of the intervention but also helps in making necessary improvements to the service being provided. The other choices reflect processes or actions rather than outcomes. Regularly recording inventories can help in management but doesn't measure how clients feel about the services. Timeliness in recording assessments and diagnoses is crucial for effective care but doesn't directly indicate how well the clients are responding to the interventions. Hence, client satisfaction is the strongest indicator of outcome in this scenario.

**8. The efficiency of a foodservice employee is increased if the work center is designed to allow the employee to:**

- A. Sit and reach**
- B. Stand and reach**
- C. Use two hands**
- D. Use zigzag motions**

The efficiency of a foodservice employee is significantly enhanced when the work center is designed to allow the employee to use two hands. This design consideration is rooted in the principles of ergonomics, which aim to optimize tasks to best fit the physical capabilities of the worker. When a work center allows for the use of both hands, it facilitates multitasking and streamlines various processes. Employees can handle tasks more quickly, such as assembling, chopping, or preparing food, without needing to constantly switch tools or reposition themselves. This not only reduces the time taken to complete tasks but also minimizes the risk of strain or injury, as movements can be more natural and balanced. Additionally, utilizing both hands can increase precision and efficiency. For example, in tasks that require coordination, like plating or packaging, having both hands available allows for a smoother workflow and less interruption. This can also lead to an overall improvement in speed and productivity in the kitchen or food service environment. In contrast, approaches that may limit movement, such as sitting and reaching or standing and reaching, can restrict the range of motion or create inefficiencies, while zigzag motions can result in excessive movement that does not optimize workflow. Therefore, a work area that accommodates the use of both hands is essential for maximizing operational

**9. Which funding method is typically used for short-term financial needs?**

**A. Grants**

**B. Loans**

**C. Donations**

**D. Investments**

The option indicating loans as the appropriate funding method for short-term financial needs is valid because loans are designed to provide immediate capital that businesses or individuals can access quickly to meet urgent financial requirements. They often come with clear repayment terms and timelines, making them suitable for short-term use. Loans can be secured or unsecured and are typically structured to be paid back within a year or less for short-term options. This immediacy allows for funds to be available for operational expenses, inventory purchasing, or any other urgent financial obligations that may arise. The potential for quick access to cash makes loans a popular choice for addressing short-term financing needs. In contrast, other funding options like grants are generally tied to specific projects or purposes and often have rigorous application processes that can delay access to funds. Donations tend to be voluntary contributions with no expectation of repayment, but they may not be reliably available when urgent funds are needed. Investments usually involve funding in exchange for equity or a stake in the company and are more aligned with long-term growth strategies rather than quick financial relief. Overall, the characteristics of loans align directly with the requirements of addressing short-term financial needs, making them the correct choice in this scenario.

**10. What procedure is binding and cannot be changed?**

**A. arbitration**

**B. mediation**

**C. an injunction**

**D. collective bargaining**

Arbitration is the correct answer because it involves a process where disputes are submitted to a neutral third party, known as an arbitrator, who makes a binding decision based on the evidence and arguments presented by both sides. The nature of arbitration is such that once the arbitrator makes a ruling, the parties involved are required to adhere to the decision, and it typically cannot be appealed or changed. This aspect of arbitration distinguishes it from other forms of dispute resolution. In contrast, mediation is a more flexible process where a mediator helps both parties to communicate and negotiate a resolution, but the outcome is not binding unless both parties reach a mutual agreement. An injunction is a legal order to do or refrain from doing a specific act, and while it is binding, it does not directly pertain to the resolution of disputes between parties in the same way arbitration does. Collective bargaining refers to the process of negotiation between employers and a group of employees (often represented by a union) regarding wages, working conditions, and other employment terms, and while it can lead to binding agreements, the parameters are subject to negotiation and change throughout the process.