

# Jean Inman Registered Dietitian (RD) Domain 4 Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. Dissolving salt in a liquid is an example of what type of dispersion?**
  - A. True**
  - B. Colloidal**
  - C. Suspension**
  - D. Emulsion**
  
- 2. What happens to temperature as pressure increases?**
  - A. remains constant**
  - B. decreases**
  - C. increases**
  - D. fluctuates**
  
- 3. Which of the following is not a group that restricts pork?**
  - A. Seventh Day Adventist**
  - B. Kosher**
  - C. Chinese**
  - D. Muslim**
  
- 4. Which type of center is responsible for both expenses and revenue?**
  - A. profit**
  - B. cost**
  - C. revenue**
  - D. expense**
  
- 5. What is the CDC's Early warning system for outbreaks of foodborne disease known as?**
  - A. FoodNet**
  - B. PulseNet System**
  - C. HealthyScan**
  - D. DiseaseTracker**

**6. What is the storage duration for steaks, chops, and roasts in the fridge?**

- A. 1-2 days**
- B. 2-3 days**
- C. 3-5 days**
- D. 7-10 days**

**7. At what temperature should dishes be washed for effective cleaning?**

- A. 110-120 F**
- B. 130-140 F**
- C. 150-160 F**
- D. 170-180 F**

**8. In menu analysis, which item is often subject to price reductions?**

- A. Puzzle**
- B. Dog**
- C. Plowhorse**
- D. Star**

**9. What is the main purpose of antioxidants like BHA and BHT in food products?**

- A. Prevent spoilage**
- B. Maintain texture**
- C. Enhance nutrients**
- D. Improve color**

**10. Which food service model allows for meal preparation to adapt to individual preferences?**

- A. Assembly serve**
- B. Delivery**
- C. Conventional**
- D. Commissary**

## **Answers**

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

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## **Explanations**

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## 1. Dissolving salt in a liquid is an example of what type of dispersion?

- A. True**
- B. Colloidal**
- C. Suspension**
- D. Emulsion**

Dissolving salt in a liquid is an example of a true solution, which is a specific type of dispersion where solute particles (in this case, salt) are completely dissolved within the solvent (the liquid). This results in a homogeneous mixture at a molecular level, meaning that the solute cannot be distinguished from the solvent. In this scenario, the particles of salt dissociate into ions and become evenly distributed throughout the liquid, creating a consistent liquid phase. In contrast, colloidal dispersions involve larger particles that do not settle out but can scatter light, creating a mixture that is not as homogeneous as a true solution. A suspension consists of larger particles that can eventually settle out of the liquid if left undisturbed. An emulsion is a type of colloidal system specific to mixtures of two immiscible liquids, such as oil and water. The correct understanding of dissolving processes helps in grasping the concept of solutions and their properties relative to colloids, suspensions, and emulsions.

## 2. What happens to temperature as pressure increases?

- A. remains constant**
- B. decreases**
- C. increases**
- D. fluctuates**

As pressure increases, temperature generally increases as well, particularly in the context of gases, according to the principles of thermodynamics. This relationship is exemplified by the Ideal Gas Law, which suggests that if the volume of a gas is held constant, an increase in pressure will result in a proportional increase in temperature. When pressure is applied to a gas, the particles are forced closer together, which increases the frequency and intensity of their collisions. This uptick in kinetic energy translates to a rise in temperature. In practical scenarios, such as in a sealed pressure cooker, as the pressure builds due to the boiling of liquid, the temperature within the cooker increases, allowing food to cook more rapidly. Other options do not correctly depict the relationship between temperature and pressure. For instance, saying temperature remains constant overlooks the fundamental changes that occur under increased pressure. Declaring that temperature decreases contradicts the core principles of gas behavior under pressure. Lastly, the idea that temperature fluctuates is misleading, as it implies instability rather than a direct, predictable response to increased pressure. Thus, the accurate understanding of the pressure-temperature relationship is essential in various scientific and practical applications.

**3. Which of the following is not a group that restricts pork?**

- A. Seventh Day Adventist**
- B. Kosher**
- C. Chinese**
- D. Muslim**

The reason the choice indicating that the Chinese do not restrict pork is correct lies in the cultural practices and dietary preferences observed across various regions in China. In fact, pork is one of the most consumed meats in Chinese cuisine, and it holds significant cultural importance. The other groups listed, such as Seventh Day Adventists, adherents of kosher dietary laws, and Muslims, have specific religious or dietary restrictions regarding the consumption of pork. Seventh Day Adventists often adhere to a vegetarian diet or avoid certain meats, including pork, based on their health principles. Kosher dietary laws prohibit the consumption of pork altogether, as pigs are considered non-kosher animals. Similarly, Muslims strictly avoid pork due to religious directives found in the Quran, which classify pork as haram (forbidden). Thus, while the other groups have established dietary laws regarding pork, the Chinese population in general does not impose such restrictions. This cultural context elucidates why the choice involving the Chinese is accurate in identifying a group that does not restrict pork consumption.

**4. Which type of center is responsible for both expenses and revenue?**

- A. profit**
- B. cost**
- C. revenue**
- D. expense**

A profit center is responsible for both expenses and revenue as its main goal is to generate profit for an organization. In a profit center, managers are evaluated based on the center's ability to produce income, meaning they have control over both the income generated and the costs incurred in the process. This dual responsibility motivates managers to optimize operations to enhance profitability. In contrast, a cost center focuses solely on managing costs without a direct impact on revenue generation. Managers in a cost center are evaluated on their ability to control expenses rather than on profit generation. A revenue center, on the other hand, is accountable only for generating revenue and does not have responsibility for managing costs. Lastly, an expense center is primarily concerned with spending and managing costs, without revenue generation being a factor. Therefore, the attributes of a profit center clearly align with the question regarding responsibility for both expenses and revenue.

**5. What is the CDC's Early warning system for outbreaks of foodborne disease known as?**

- A. FoodNet**
- B. PulseNet System**
- C. HealthyScan**
- D. DiseaseTracker**

The PulseNet System is the correct answer as it is the CDC's national network of public health laboratories that detects and responds to foodborne disease outbreaks. By utilizing DNA fingerprinting of bacteria, PulseNet can quickly identify outbreaks and link cases, which is essential for controlling and preventing further spread. This system allows health departments to work collaboratively by sharing data and understanding the connections between different foodborne illnesses across states. In contrast, FoodNet is focused on monitoring the incidence of foodborne illnesses rather than acting as an outbreak detection system. HealthyScan does not exist under the CDC's umbrella and is not recognized as an official system for tracking foodborne diseases. Similarly, DiseaseTracker is not a term officially associated with CDC's foodborne disease surveillance and might refer to general tracking mechanisms that do not specialize in foodborne outbreak detection.

**6. What is the storage duration for steaks, chops, and roasts in the fridge?**

- A. 1-2 days**
- B. 2-3 days**
- C. 3-5 days**
- D. 7-10 days**

Steaks, chops, and roasts can be safely stored in the refrigerator for 3-5 days before they start to lose quality and safety. This timeframe is based on the USDA guidelines for storing raw meats, which suggests that these cuts of beef, pork, or lamb can remain in the fridge for that duration while still maintaining their freshness and reducing the risk of foodborne illnesses. It's important to keep meat well-wrapped and stored in the coldest part of the refrigerator to extend its shelf life. Any longer storage can risk bacterial growth, which could lead to spoilage or foodborne diseases. Understanding these storage guidelines is crucial for maintaining food safety and quality in meal preparation.

**7. At what temperature should dishes be washed for effective cleaning?**

- A. 110-120 F**
- B. 130-140 F**
- C. 150-160 F**
- D. 170-180 F**

For effective cleaning of dishes, temperatures in the range of 130-140°F are recommended. This temperature range is sufficient to help dissolve fats and remove grease, aiding in the overall cleaning process. Additionally, it is hot enough to reduce the presence of most bacteria and pathogens, ensuring that dishes are not only visually clean but hygienically safe. Choosing this range aligns with best practices in food safety and sanitation, particularly in a dishwashing context where ensuring that all food particles and residuals are eliminated is critical. Warmer water is more effective at activating detergents used in dishwashing, resulting in better overall cleaning performance, especially for oily and food-laden surfaces. Using temperatures lower than 130°F may not adequately clean or sanitize, while excessively high temperatures (like those above 160°F) can lead to damage of certain types of dishware and utensils, and can also pose safety risks for those handling the items. Therefore, the optimal range indeed focuses on the balance between effective sanitation and the integrity of dishware materials.

**8. In menu analysis, which item is often subject to price reductions?**

- A. Puzzle**
- B. Dog**
- C. Plowhorse**
- D. Star**

In menu analysis, the item that is often subject to price reductions is typically referred to as a "Plowhorse." Plowhorses are menu items that sell well but do not have a high profit margin. They are popular among customers, which makes them significant for maintaining sales volume, but their lower cost can result in reduced profitability for the business. By strategically reducing the price of a plowhorse item, a restaurant can increase its appeal and further enhance sales volume. This tactic draws more customers to the menu item, potentially compensating for its lower margin while also encouraging patrons to explore other, higher-margin items. Other terms often used in menu analysis, such as "Dog" and "Star," refer to items with different characteristics. Dogs are items with low sales and low profitability, while Stars are high sellers with high profitability. Each of these items generally follows different strategies regarding pricing and marketing.

**9. What is the main purpose of antioxidants like BHA and BHT in food products?**

- A. Prevent spoilage**
- B. Maintain texture**
- C. Enhance nutrients**
- D. Improve color**

The main purpose of antioxidants such as BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) in food products is to prevent spoilage. These compounds work by inhibiting the oxidation process that can lead to the rancidity of fats and oils in food, extending the shelf life and maintaining the quality of the product. By preventing oxidation, BHA and BHT help to preserve the flavor, aroma, and nutritional value of food items, making them particularly valuable in products that contain fats or oils. While maintaining texture, enhancing nutrients, and improving color are important aspects of food processing and preservation, they are not the primary function of BHA and BHT. Their specific role is targeted towards protecting the food from spoilage caused by oxidative reactions, which can lead to undesirable changes in taste and safety.

**10. Which food service model allows for meal preparation to adapt to individual preferences?**

- A. Assembly serve**
- B. Delivery**
- C. Conventional**
- D. Commissary**

The conventional food service model is designed to prepare meals on-site, which allows for a high degree of flexibility in adapting to individual preferences. This model involves sourcing raw ingredients, preparing them, and serving them within the same facility. Because of this direct control over the cooking process, food service providers can tailor meals according to specific dietary requirements, personal tastes, and cultural preferences. For example, if a client prefers a meal with less salt or a vegetarian option, modifications can be made on the spot based on those preferences. This contrasts with models such as assembly serve or commissary, where meals are often pre-prepared or mass-produced, making it more challenging to customize dishes based on individual needs. The delivery model, while offering convenience, typically involves pre-packaged meals that may not allow for the same level of customization. Thus, the conventional food service model's ability to prepare fresh meals on-site is what enables it to best accommodate the diverse preferences of individuals.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://jeaninmanrddomain4.examzify.com>**

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

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