

NDLE Community and Public Health Nutrition Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. How many government organizations are represented on the NNC Governing Board?**
 - A. Five**
 - B. Eight**
 - C. Ten**
 - D. Twelve**

- 2. What is the condition described by excessive body fat?**
 - A. Accumulated Fat and Energy**
 - B. Adipose Tissue**
 - C. Fat Deposit**
 - D. Obesity**

- 3. What is the application of Nutrition care process for purposes of disease prevention, treatment, and management?**
 - A. Nutrition Care Process**
 - B. Process**
 - C. Medical Nutrition Therapy**
 - D. Diagnosis**

- 4. Under Republic Act No. 11210, female workers may extend maternity leave by up to how many additional days without pay?**
 - A. 20 days**
 - B. 30 days**
 - C. 45 days**
 - D. 60 days**

- 5. In statistics, which measure aims to provide an accurate description of the entire data in the distribution?**
 - A. Mean**
 - B. Central Tendency**
 - C. Standard Deviation**
 - D. Distribution Table**

- 6. What is the purpose of RA 8172?**
- A. To mandate iodization of salt**
 - B. To regulate sugar fortification**
 - C. To ban iodized salt**
 - D. To promote vitamin A**
- 7. Which study design follows a group over time to observe outcomes?**
- A. Cohort**
 - B. Observational**
 - C. Experimental**
 - D. Case-control**
- 8. Which statement best describes qualitative research?**
- A. Controlled experiments**
 - B. Based on numerical measurements**
 - C. Quantitative data analysis**
 - D. Based on respondents' perceptions and answers**
- 9. Which substance, when taken too much, decreases iron absorption and increases the risk of spontaneous abortion?**
- A. Nicotine**
 - B. Aspartame**
 - C. Caffeine**
 - D. MSG**
- 10. What is the purpose of the increased calcium requirement during adolescence?**
- A. support formation and increase bone mass**
 - B. regulate cell proliferation**
 - C. meet greater metabolic needs**
 - D. support increased blood volume**

Answers

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

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Explanations

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1. How many government organizations are represented on the NNC Governing Board?

- A. Five**
- B. Eight**
- C. Ten**
- D. Twelve**

Ten government organizations are represented on the NNC Governing Board. This fixed number is chosen to balance broad government input with efficient governance. Having ten seats allows multiple ministries or agencies to contribute different perspectives on nutrition policy and oversight, while keeping meetings focused and decision-making practical. If there were fewer seats, some important sectors might be left out; if there were more, coordination could become unwieldy and slower.

2. What is the condition described by excessive body fat?

- A. Accumulated Fat and Energy**
- B. Adipose Tissue**
- C. Fat Deposit**
- D. Obesity**

Excess body fat describes obesity, a condition where the amount of fat in the body is high enough to pose health risks. Obesity is typically assessed using body mass index (BMI), with a BMI of 30 kg/m² or higher in adults commonly used as a threshold, though other measures like waist circumference and body fat percentage are also informative. The idea is not just having fat stored (which is what adipose tissue is—the tissue that stores fat) but having fat in excess that affects health over time. Other terms listed aren't clinical descriptions of the condition: adipose tissue is the fat-storage tissue itself, and fat deposit or accumulated fat and energy are vague phrases rather than the recognized condition.

3. What is the application of Nutrition care process for purposes of disease prevention, treatment, and management?

- A. Nutrition Care Process**
- B. Process**
- C. Medical Nutrition Therapy**
- D. Diagnosis**

Applying the Nutrition Care Process to disease prevention, treatment, and management is called Medical Nutrition Therapy. The Nutrition Care Process is a structured framework that includes nutrition assessment, nutrition diagnosis, nutrition intervention, and monitoring/evaluation. When this process is used specifically to address disease conditions and guide care to prevent complications, treat the condition, and manage it over time, it becomes MNT. For example, in diabetes care, MNT uses the NCP steps to tailor meal plans, timing, and education to help control blood glucose and overall health. The other terms describe the framework itself (the Nutrition Care Process) or a single component (diagnosis), not the full therapeutic application to disease states.

4. Under Republic Act No. 11210, female workers may extend maternity leave by up to how many additional days without pay?

- A. 20 days
- B. 30 days**
- C. 45 days
- D. 60 days

Women are given a standard period of paid maternity leave under this law, and there is an option to add a short unpaid extension if more time is needed. The extension allows up to thirty days without pay, which gives a bit more time for bonding and caregiving after birth without altering salary. This specific thirty-day unpaid extension is what the law sets apart, making it the correct choice. The other day counts do not align with the unpaid extension provision in Republic Act No. 11210.

5. In statistics, which measure aims to provide an accurate description of the entire data in the distribution?

- A. Mean
- B. Central Tendency**
- C. Standard Deviation
- D. Distribution Table

Central tendency aims to describe a data set with a single value that represents where the data cluster—the center of the distribution. This concept focuses on the location of the data and provides a concise summary of the entire set by a representative number, capturing the typical value you'd expect to see across observations. In practice, the mean is one way to quantify central tendency, as are the median and mode, but the idea itself is about summarizing the data with that central value to reflect where most data points lie. The other options describe different ideas: the mean is a specific measure of central tendency, not the broader concept itself; standard deviation measures how spread out the data are around the center, not the center itself; a distribution table is a way to organize and present data, not a measure describing the distribution's center.

6. What is the purpose of RA 8172?

- A. To mandate iodization of salt**
- B. To regulate sugar fortification
- C. To ban iodized salt
- D. To promote vitamin A

Iodine deficiency is prevented most effectively when a common dietary staple provides iodine routinely. Salt iodization is a straightforward, population-wide way to deliver iodine to nearly everyone who uses salt in food, helping to prevent goiter and cognitive problems linked to iodine deficiency. Republic Act 8172, known as the Salt Iodization Nationwide Act (ASIN), makes iodized salt mandatory for all edible salt sold for human consumption. By requiring iodization at the source, this law ensures that the salt people buy and use daily supplies the iodine their bodies need, protecting health across all ages and life stages. This focus is different from other policies that might regulate sugar fortification or promote vitamin A, and it certainly isn't about banning iodized salt. The purpose here is specifically to ensure iodized salt is the norm to prevent iodine deficiency disorders.

7. Which study design follows a group over time to observe outcomes?

- A. Cohort**
- B. Observational**
- C. Experimental**
- D. Case-control**

Following a defined group over time to observe what happens is the cohort study approach. You start with people who share a characteristic or exposure and monitor them forward in time (prospective) or use existing records to look back (retrospective) to see who develops the outcomes of interest. This setup lets you track the occurrence of new cases (incidence) and examine how different exposures relate to those outcomes, establishing that the exposure came before the outcome. It's observational because there's no deliberate assignment or intervention by the researchers. This differs from case-control studies, which start with people who already have the outcome and look back to compare past exposures; that design is retrospective and centered on comparing exposure histories between cases and controls. Experimental designs involve the researcher assigning exposures or interventions and often randomizing participants, which is not what a cohort study does. The term observational encompasses several designs, but the one defined by following a group over time to observe outcomes is specifically the cohort approach.

8. Which statement best describes qualitative research?

- A. Controlled experiments**
- B. Based on numerical measurements**
- C. Quantitative data analysis**
- D. Based on respondents' perceptions and answers**

Qualitative research centers on understanding people's lived experiences, meanings, and perspectives by exploring how they perceive and interpret their world. It collects rich, descriptive data through methods like in-depth interviews, focus groups, and participant observation, focusing on depth and context rather than numbers. The analysis looks for themes, patterns, and interpretations from what respondents say and how they respond, rather than computing statistical measures. This makes it the best fit for capturing respondents' perceptions and answers. In contrast, controlled experiments, numerical measurements, and quantitative data analysis describe approaches that produce numeric data and statistical results, not the nuanced meanings behind people's words and experiences.

9. Which substance, when taken too much, decreases iron absorption and increases the risk of spontaneous abortion?

- A. Nicotine**
- B. Aspartame**
- C. Caffeine**
- D. MSG**

Nicotine from tobacco is linked to miscarriage risk in pregnancy because it causes vasoconstriction of uteroplacental vessels, reducing blood flow and oxygen delivery to the developing fetus. This vascular effect increases the likelihood of spontaneous abortion. Nicotine can also influence iron metabolism, potentially reducing iron absorption or altering iron use in the body, which matters during pregnancy when iron needs are higher. Among the options, nicotine best fits both the iron absorption concern and the elevated miscarriage risk, while the others do not have as strong or direct a link to spontaneous abortion in standard public health nutrition knowledge.

10. What is the purpose of the increased calcium requirement during adolescence?

- A. support formation and increase bone mass**
- B. regulate cell proliferation**
- C. meet greater metabolic needs**
- D. support increased blood volume**

During adolescence the skeleton grows rapidly, with bones lengthening and increasing in mass. Calcium is the mineral that becomes part of bone as hydroxyapatite, so osteoblasts need plenty of calcium to mineralize new bone tissue. This is why calcium intake must rise: to support bone formation and boost bone mass as the body builds peak bone density for later life. If calcium is insufficient, bone mineralization slows, leading to a lower peak bone mass and a higher risk of osteoporosis later on. Calcium also participates in many signaling processes, but the main reason for the higher requirement in this stage is building and strengthening bone, not general cellular signaling or energy metabolism. Increased blood volume is not the primary driver of the rise in calcium needs.

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://ndlecommpublichealthnut.examzify.com>

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

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