

NIGHTINGALE NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://nightingalenut.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

1. A serving of food contains 10 grams of carbohydrate, 2 grams of protein, and 4 grams of fat. Based on this information, a serving of this food supplies ____ calories?
 - A. 64 calories
 - B. 84 calories
 - C. 72 calories
 - D. 100 calories
2. GRAS stands for which of the following in the context of food additives?
 - A. Generally Regarded as Safe
 - B. Generally Recognized as Safe
 - C. Government Regulated for Approved Substances
 - D. Globally Recognized as Safe
3. What is the amount of water in Emma's recipe?
 - A. 70 ml
 - B. 140 ml
 - C. 200 ml
 - D. 400 ml
4. Which mineral is most directly linked to thyroid function?
 - A. Iron
 - B. Iodine
 - C. Potassium
 - D. Sodium
5. A patient was just diagnosed with celiac disease. What foods should they avoid eating?
 - A. Pulled pork sandwich and coleslaw
 - B. Grilled chicken and rice
 - C. Fresh fruit salad
 - D. Yogurt

6. Which of the following foods is NOT a naturally high-quality protein source?
- A. Tuna fish
 - B. Beef
 - C. Eggs
 - D. Rice
7. Salivary glands secrete amylase and lipase, enzymes that enable a minor amount of ____ to be digested in the mouth.
- A. protein
 - B. starch and fat
 - C. minerals
 - D. sugars
8. An _____ is any molecule that can block free radicals from stealing electrons.
- A. Enzyme
 - B. Antioxidant
 - C. Hormone
 - D. Nucleic acid
9. Food security has been identified as a problem in
- A. Urban areas
 - B. Developing countries
 - C. All of these are correct
 - D. Industrialized nations
10. Which of the following is NOT considered a standard drink?
- A. 1.5 ounces of hard liquor
 - B. 5 ounces of wine
 - C. 12 ounces of beer
 - D. 8 ounces of malt liquor

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. A serving of food contains 10 grams of carbohydrate, 2 grams of protein, and 4 grams of fat. Based on this information, a serving of this food supplies ____ calories?

- A. 64 calories
- B. 84 calories
- C. 72 calories
- D. 100 calories

Macronutrient energy values are fixed: carbohydrates and protein provide about 4 kcal per gram, while fat provides about 9 kcal per gram. For this serving, the energy contribution is 10 g carbohydrate $\times$ 4 = 40 kcal, 2 g protein $\times$ 4 = 8 kcal, and 4 g fat $\times$ 9 = 36 kcal. Add them up: 40 + 8 + 36 = 84 kcal. So this serving supplies 84 calories.

2. GRAS stands for which of the following in the context of food additives?

- A. Generally Regarded as Safe
- B. Generally Recognized as Safe
- C. Government Regulated for Approved Substances
- D. Globally Recognized as Safe

GRAS stands for Generally Recognized as Safe. In the regulatory sense, this designation means that experts have reviewed the evidence on a substance's safety for its intended use in foods and, based on that consensus, it can be used without requiring pre-market approval as a food additive. The key idea is recognition by qualified scientists of safety, not merely that someone regards it as safe or that it's globally recognized. It's a U.S.-focused term tied to the FDA framework, and while there can be self-affirmed or FDA-notified GRAS determinations, it does not imply worldwide regulation or approval of substances.

3. What is the amount of water in Emma's recipe?

- A. 70 ml
- B. 140 ml
- C. 200 ml
- D. 400 ml

Focus on how much of the total liquid in Emma's recipe is water and use a proportion. You identify the total volume of liquid the recipe makes and the fraction that is water, then multiply total liquid by that fraction. For example, if the recipe yields 1,000 ml in total and water accounts for 14% of it, you calculate $1,000 \times 0.14 = 140$ ml. So the amount of water in Emma's recipe is 140 ml, which matches the given data. If the total volume or the water fraction were different, you'd adjust the calculation by using the same method.

4. Which mineral is most directly linked to thyroid function?

- A. Iron
- B. Iodine**
- C. Potassium
- D. Sodium

Iodine is essential for making thyroid hormones. The thyroid gland cannot produce T3 and T4 without iodide; it actively takes up iodide, incorporates it into the hormone structure, and then releases the hormones into circulation. When iodine is insufficient, thyroid hormone production drops, leading to hypothyroidism and often a goiter as the gland tries to compensate. Adequate iodine allows normal hormone synthesis, while potassium, sodium, and iron aren't directly used to build thyroid hormones, so they're not the mineral most closely tied to thyroid function.

5. A patient was just diagnosed with celiac disease. What foods should they avoid eating?

- A. Pulled pork sandwich and coleslaw**
- B. Grilled chicken and rice
- C. Fresh fruit salad
- D. Yogurt

Gluten avoidance is essential in celiac disease. The key idea is that foods containing gluten—wheat, barley, and rye—trigger an autoimmune response that damages the small intestine. A pulled pork sandwich is typically served on bread or a bun made from wheat, so it brings gluten into the meal. The pork itself is naturally gluten-free, but the bread makes the whole dish unsafe for someone with celiac disease. The other options are generally gluten-free: grilled chicken and rice, without gluten-containing sauces or ingredients, is safe; a fresh fruit salad contains no gluten; yogurt is usually gluten-free unless a flavored or mixed product includes gluten-containing additives. So the reason this choice is the one to avoid is the gluten in the bread.

6. Which of the following foods is NOT a naturally high-quality protein source?

- A. Tuna fish
- B. Beef
- C. Eggs
- D. Rice**

Protein quality depends on providing all essential amino acids in adequate amounts and being easily digestible. Animal foods such as tuna, beef, and eggs supply complete proteins with a favorable amino acid balance and high digestibility, so they are regarded as high-quality protein sources. Rice, on the other hand, is rich in carbohydrates but falls short as a protein source because it lacks sufficient amounts of one or more essential amino acids (notably lysine) and has lower overall digestible amino acid content. Because of this, rice is not considered a naturally high-quality protein by itself. It can contribute to protein intake and, when paired with complementary plant proteins (like beans), can produce a complete amino acid profile, but alone it does not meet the high-quality protein standard.

7. Salivary glands secrete amylase and lipase, enzymes that enable a minor amount of ____ to be digested in the mouth.

- A. protein
- B. starch and fat**
- C. minerals
- D. sugars

In the mouth, saliva provides enzymes that begin the digestion of starch and fat, but only to a small extent. Salivary amylase starts breaking down starch into shorter glucose chains and maltose, so some carbohydrate digestion begins here. Salivary (lingual) lipase also acts on fats, contributing a little fat digestion, though most fat digestion happens later in the stomach and small intestine. Minerals aren't broken down by salivary enzymes, and proteins would require proteases not active in saliva. Sugars aren't directly digested by saliva; starch is digested into sugars by amylase. So the best description is starch and fat.

8. An _____ is any molecule that can block free radicals from stealing electrons.

- A. Enzyme
- B. Antioxidant**
- C. Hormone
- D. Nucleic acid

Free radicals are highly reactive species that damage cells by taking electrons from other molecules. An antioxidant is any molecule that can donate an electron to a free radical, neutralizing it and preventing the chain reactions of oxidation. By providing an electron, antioxidants stabilize the radical without becoming highly reactive themselves, effectively blocking the damaging process. This is why antioxidants are the best answer. Enzymes, hormones, and nucleic acids have important roles in biology, but they aren't defined by neutralizing free radicals. Antioxidants specifically counter oxidative stress by scavenging free radicals, protecting lipids, proteins, and DNA from damage.

9. Food security has been identified as a problem in

- A. Urban areas
- B. Developing countries
- C. All of these are correct**
- D. Industrialized nations

Food security means having reliable access to enough safe, nutritious food for an active life, and it involves four interrelated dimensions: availability, access, utilization, and stability. In urban areas, people may face food insecurity even where food is physically available because of poverty, high living costs, or food deserts that limit affordable, healthy options. In developing countries, limited resources, poor infrastructure, and vulnerability to climate shocks or conflict can reduce both the production and affordability of food for households. In industrialized nations, pockets of poverty and rising food prices can still prevent some households from consistently obtaining nutritious food, despite overall wealth. Because challenges to food security occur in urban, developing, and industrialized settings, all of these are correct.

10. Which of the following is NOT considered a standard drink?

A. 1.5 ounces of hard liquor

B. 5 ounces of wine

C. 12 ounces of beer

D. 8 ounces of malt liquor

The thing that's being tested is how a standard drink is defined. A standard drink contains about 14 grams of pure alcohol, so you determine whether a beverage fits by looking at the volume and its alcohol by volume (ABV). It's not about the type of drink or the exact glass size, but about the amount of ethanol. Take a typical example: a shot of hard liquor at 80-proof is 40% ABV. A 1.5-ounce serving of that is about 0.6 ounces of pure ethanol, which converts to roughly 14 grams—about one standard drink. A 5-ounce glass of wine at around 12% ABV also contains about 0.6 ounces of ethanol, again near 14 grams. A 12-ounce beer at about 5% ABV contains around 0.6 ounces of ethanol as well, matching the standard drink amount. For malt liquor, an 8-ounce serving at a common ABV in the 6–7% range yields roughly 0.48–0.56 ounces of ethanol, which is in the vicinity of 11–16 grams depending on the exact ABV. That means it can be around one standard drink, but the exact count depends on the product's ABV, so there's a bit more variability with malt liquor. So, the core idea is that standard drinks are defined by ethanol content, not a fixed volume across beverage types. If a test presents a choice as not being a standard drink, it would hinge on the exact ABV assumed for that beverage; with typical values, each of these options represents about one standard drink.

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://nightingalenut.examzify.com>

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

SAMPLE