

# North Carolina FAST Food and Nutrition Services Level 1 Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What condition applies when all members of an FNS unit receive Work First Family Assistance?**
  - A. The FNS unit is ineligible**
  - B. The FNS unit is categorically eligible**
  - C. The FNS unit must provide additional verification**
  - D. The FNS unit must recertify every month**
  
- 2. In North Carolina, individuals convicted of a/an \_\_\_\_ or \_\_\_\_ felony involving controlled substances committed on or after August 23, 1996 may regain eligibility under certain circumstances.**
  - A. A and B**
  - B. D and E**
  - C. H or I**
  - D. C and F**
  
- 3. Which form is used for the manual calculation of an FNS unit's benefit allotment?**
  - A. DSS-1700**
  - B. DSS-1400**
  - C. DSS-2000**
  - D. DSS-1500**
  
- 4. Which form must workers use to explain reporting requirements to every FNS unit?**
  - A. DSS-8560 - Change Report Form**
  - B. DSS-8550 - Change Report Form**
  - C. DSS-8540 - Income Report Form**
  - D. DSS-8530 - Eligibility Application Form**
  
- 5. Which of the following changes should not be acted upon during the certification period?**
  - A. A decrease in household income of less than \$50.00**
  - B. A change in income that is temporary**
  - C. Both changes mentioned**
  - D. Changes that increase benefits**

- 6. A child 21 years of age and under must be included in the same Food and Nutrition Services unit when living with which of the following?**
- A. Natural or adoptive parents only**
  - B. Stepparents only**
  - C. Parents living together**
  - D. Any caregiver**
- 7. Documentation of expenses and income should be placed into which system?**
- A. NC FAST**
  - B. FNS Database**
  - C. Client Management System**
  - D. Application Tracking System**
- 8. Which of the following is exempt from ABAWD provisions?**
- A. A 45-year-old receiving Supplemental Security Income**
  - B. A 48-year-old working 19 hours per week**
  - C. A 23-year-old attending school part time**
  - D. A 19-year-old working 15 hours per week**
- 9. If a certification period is January to June and a change is reported on April 15th, when do benefits change?**
- A. May 1st**
  - B. May 15th**
  - C. June 1st**
  - D. July 1st**
- 10. According to regulations, what must be proven for an IPV to exist?**
- A. Negligence on the part of the agency**
  - B. Intentionality in misusing or misrepresenting benefits**
  - C. Inability of the household to provide accurate information**
  - D. A lack of communication from the agency**

## **Answers**

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

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## **Explanations**

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**1. What condition applies when all members of an FNS unit receive Work First Family Assistance?**

**A. The FNS unit is ineligible**

**B. The FNS unit is categorically eligible**

**C. The FNS unit must provide additional verification**

**D. The FNS unit must recertify every month**

When all members of a Family Nutrition Services (FNS) unit receive Work First Family Assistance, the unit is considered categorically eligible. This means that the FNS unit meets the eligibility standards for assistance based on the receipt of another form of aid, namely the Work First Family Assistance. This categorically eligible status streamlines the process for these units, as they automatically meet the income and resource eligibility requirements for food assistance without needing to undergo the typical verification procedures. Categorical eligibility recognizes that individuals receiving certain types of assistance, such as Work First Family Assistance, are likely to face similar economic hardships that warrant food assistance. This allows for a more efficient system in supporting families who are already in need, as they do not have to repeatedly prove their eligibility through additional documentation or assessments. In contrast, the other options involve situations that would either disqualify the unit, require extra verification, or force more frequent recertification, which does not apply when all members of the unit are already receiving assistance through Work First.

**2. In North Carolina, individuals convicted of a/an \_\_\_\_ or \_\_\_\_ felony involving controlled substances committed on or after August 23, 1996 may regain eligibility under certain circumstances.**

**A. A and B**

**B. D and E**

**C. H or I**

**D. C and F**

The correct choice highlights specific felony classes that are relevant to the context of regaining eligibility in North Carolina for individuals convicted of felonies involving controlled substances. Classes H and I typically involve less severe offenses compared to higher felony classes, which allows for the possibility of regaining eligibility under certain circumstances. In North Carolina, the legal system has established pathways for rehabilitation, particularly for lesser offenses, to encourage reintegration into society. This reflects a broader understanding that not all convictions should permanently bar individuals from opportunities, especially when they involve offenses that might be considered less harmful or non-violent. The other classes of felonies mentioned in the other choices, like A, B, D, E, and F, typically encompass more serious offenses, which might carry stricter consequences that limit options for regaining eligibility. These classifications are crucial in determining the likelihood of regaining eligibility after a conviction, showcasing the legal framework's nuanced approach to varying levels of criminality and the potential for rehabilitation.

**3. Which form is used for the manual calculation of an FNS unit's benefit allotment?**

- A. DSS-1700**
- B. DSS-1400**
- C. DSS-2000**
- D. DSS-1500**

The DSS-1700 form is specifically designed for the manual calculation of a Food and Nutrition Services (FNS) unit's benefit allotment. This form provides the necessary framework and structure for caseworkers to gather relevant information about the household, including its size, income, and expenses, which are essential for determining the benefit amount that the unit is eligible to receive. The form facilitates a systematic approach to calculating benefits by breaking down the required inputs and guiding the user through the necessary steps, ensuring accuracy and compliance with program regulations. This is essential for maintaining the integrity of the assistance provided under the FNS program, as any errors in calculation could lead to under- or over-issuance of benefits. In contrast, the other forms mentioned serve different purposes within the FNS framework. While they may relate to various aspects of the nutritional assistance program, they do not directly pertain to the manual calculation of benefit allotments, which is specifically the role of the DSS-1700. Understanding the correct forms and their purposes is crucial for those working within food and nutrition services to ensure proper service delivery.

**4. Which form must workers use to explain reporting requirements to every FNS unit?**

- A. DSS-8560 - Change Report Form**
- B. DSS-8550 - Change Report Form**
- C. DSS-8540 - Income Report Form**
- D. DSS-8530 - Eligibility Application Form**

The correct response is based on the specific role that each form plays in the reporting requirements process for the Food and Nutrition Services (FNS) units. The DSS-8550, known as the Change Report Form, is designed explicitly for individuals to report any changes in their circumstances that might affect their eligibility for benefits. This form is essential because it outlines the criteria and guidelines that recipients need to follow to ensure compliance with FNS reporting. By using the DSS-8550, workers can effectively communicate the necessary information to FNS unit members, thus ensuring that beneficiaries are fully aware of their responsibilities regarding changes in income, household composition, or other relevant factors that may impact their eligibility or benefit levels. In contrast, the other forms mentioned have different functions: the DSS-8560 is also a Change Report Form but is used in different contexts, the DSS-8540 is specifically an Income Report Form, and the DSS-8530 is the Eligibility Application Form. None of these forms directly serve the purpose of communicating reporting requirements as effectively as the DSS-8550.

**5. Which of the following changes should not be acted upon during the certification period?**

- A. A decrease in household income of less than \$50.00**
- B. A change in income that is temporary**
- C. Both changes mentioned**
- D. Changes that increase benefits**

During the certification period, certain changes in a household's circumstances should not prompt immediate action to adjust benefits. One such example is a decrease in household income of less than \$50.00, which is considered too minor to warrant a change. Small fluctuations in income can often be expected and do not significantly impact eligibility for assistance. Additionally, a change in income that is temporary also falls into the category of changes that should not be acted upon during the certification period. Temporary changes, such as seasonal employment or short-term reductions in hours, do not reflect a household's ongoing financial situation and therefore should not affect benefits. Together, these scenarios highlight the principle that only significant, permanent changes in a household's situation should lead to a reevaluation or adjustment of assistance. Recognizing and applying these guidelines ensures that households maintain consistent support amidst normal variations in income.

**6. A child 21 years of age and under must be included in the same Food and Nutrition Services unit when living with which of the following?**

- A. Natural or adoptive parents only**
- B. Stepparents only**
- C. Parents living together**
- D. Any caregiver**

The correct answer is that a child 21 years of age and under must be included in the same Food and Nutrition Services unit when living with parents living together. This reflects the guidelines set forth in food assistance programs, which are designed to assess household income and resources for eligibility. When parents live together, they are typically considered the primary caregivers for their children, and including the child in the same unit ensures that the family can fully access benefits that support their nutritional needs. Specifically, living together implies a shared responsibility for the child's welfare, which is fundamental in determining eligibility for food assistance. This approach encourages the notion of a family unit, where resources can be pooled together, thereby resulting in a more accurate assessment of the family's nutritional needs and financial means. Other choices do not accurately reflect the requirements for including a child in the same food assistance unit. For instance, only including natural or adoptive parents, or just stepparents, fails to acknowledge situations where parents may be non-traditional or have varying custodial arrangements. Therefore, the broader inclusion of parents living together encompasses a more comprehensive framework for determining household eligibility in food assistance programs.

**7. Documentation of expenses and income should be placed into which system?**

**A. NC FAST**

**B. FNS Database**

**C. Client Management System**

**D. Application Tracking System**

The correct choice, NC FAST, is designed specifically to support the management and documentation of financial assistance programs in North Carolina. This system provides the necessary framework for tracking income and expenses related to various services and benefits offered to clients. Utilizing NC FAST ensures that data is entered accurately and can be used for processing claims, helping caseworkers manage public assistance programs effectively. NC FAST operates as an integrated system that helps streamline the documentation process for the state's food and nutrition services, among other programs. It allows for comprehensive case management, where financial data related to client eligibility, expenses, and income can be accessed and monitored. This capability is crucial for ensuring the integrity of services provided and for facilitating timely decision-making. In contrast, while other options like the FNS Database, Client Management System, and Application Tracking System may have roles in other areas of social services, they do not specifically cater to the focused need of documenting financial data related to assistance programs as effectively as NC FAST. The FNS Database might be involved in food and nutrition statistics but is not directly intended for income and expense documentation. The Client Management System and Application Tracking System may serve broader management functions but lack the specialized design that NC FAST offers for this specific purpose.

**8. Which of the following is exempt from ABAWD provisions?**

**A. A 45-year-old receiving Supplemental Security Income**

**B. A 48-year-old working 19 hours per week**

**C. A 23-year-old attending school part time**

**D. A 19-year-old working 15 hours per week**

The exemption from ABAWD (Able-Bodied Adults Without Dependents) provisions is specifically relevant for certain categories of individuals based on their circumstances. In this case, a 45-year-old receiving Supplemental Security Income (SSI) is exempt from these provisions because SSI recipients are considered categorically eligible for benefits and do not fall under the ABAWD requirements. ABAWD provisions typically apply to individuals between the ages of 18 and 49 who are able to work but may face restrictions on receiving assistance without meeting work requirements. However, those receiving SSI are recognized as having a qualifying disability or need, which allows them to bypass the work requirements stipulated for ABAWDs. Other individuals in the options provided may be working or attending school, but they do not meet the specific criteria for exemption like SSI recipients do. This makes the choice of the 45-year-old receiving SSI the correct answer, illustrating an important aspect of eligibility within the Supplemental Nutrition Assistance Program (SNAP) and its various provisions.

**9. If a certification period is January to June and a change is reported on April 15th, when do benefits change?**

- A. May 1st**
- B. May 15th**
- C. June 1st**
- D. July 1st**

In the context of the question regarding certification periods and when benefits change, the key factor at play is the reporting date of changes related to an individual's situation. When a certification period runs from January to June, any changes reported during the period typically take effect at the start of the following month after the change is reported, provided the change is reported by the mid-point of the certification period. In this case, a change reported on April 15th is crucial since it falls before the midpoint of the certification period (which would be around mid-May). The regulation often stipulates that benefits can be adjusted effective the first of the month following the reporting date. Therefore, if a change is reported on April 15th, benefits would generally be recalibrated starting June 1st. This is because, at that point, the change can be fully processed, and any adjustments to benefits, based on the reported change, take place at the beginning of the next month in the certification cycle. Thus, June 1st accurately reflects when the benefits change in accordance with common administrative protocols following a mid-period report of changes.

**10. According to regulations, what must be proven for an IPV to exist?**

- A. Negligence on the part of the agency**
- B. Intentionality in misusing or misrepresenting benefits**
- C. Inability of the household to provide accurate information**
- D. A lack of communication from the agency**

The correct answer is founded on the necessity to demonstrate that there has been intentionality in misusing or misrepresenting benefits when determining whether an Intentional Program Violation (IPV) has occurred. For an IPV to be established, it is crucial to prove that an individual deliberately acted with the intent to deceive or misrepresent facts in order to gain benefits from a program, such as SNAP or TANF. Proving intentionality means there is clear evidence that the individual was aware of the rules and regulations governing the program and chose to ignore or violate those rules knowingly. This element of intent differentiates IPVs from unintentional errors or mistakes that might arise from misunderstanding or lack of awareness, which do not constitute an IPV. In contrast, the other options center on aspects like agency negligence or household inability to provide accurate information, which do not embody the intentional element required to classify a violation as an IPV. The focus on intentionality is critical in ensuring that claims of fraud are substantiated and that appropriate actions are taken in response to willful misconduct.