

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

Study Guide



Everything you need from our exam experts!

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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. Which of the following is considered an example of a required verification?**
 - A. Property taxes**
 - B. Identity**
 - C. Rent receipt**
 - D. Gas bill**

- 2. If a client applies for FNS on January 7, 2019, and does not meet any ABAWD exemptions, what month would be considered their first free month?**
 - A. January**
 - B. February**
 - C. March**
 - D. April**

- 3. What is the benefit eligibility status of Jessica in the FNS household?**
 - A. Not eligible**
 - B. Eligible**
 - C. Under review**
 - D. Pending verification**

- 4. What is the minimum age requirement for individuals to be eligible for the Simplified Nutrition Assistance Program (SNAP)?**
 - A. 60 years**
 - B. 62 years**
 - C. 65 years**
 - D. 70 years**

- 5. Individuals between the ages of 18 and 49 may be subject to which requirement?**
 - A. ABAWD requirements**
 - B. Work requirements**
 - C. Residency requirements**
 - D. Income thresholds**

- 6. If John Little is employed part-time and has a child, what must he do regarding work registration?**
- A. He does not need to register**
 - B. He needs to register for work**
 - C. He can register at his leisure**
 - D. He must register only if his income exceeds the limit**
- 7. A student who works part-time and has no children may still be eligible for Food and Nutrition Services if?**
- A. They earn a high salary**
 - B. They meet the income guidelines**
 - C. They are enrolled in a graduate program**
 - D. They live off-campus**
- 8. Which of the following individuals is ineligible to participate in the Food and Nutrition Services Units?**
- A. A part-time working student with no dependents**
 - B. A full-time graduate student with dependents**
 - C. A non-working student living with parents**
 - D. A non-working adult with children**
- 9. When scheduling an interview on the DSS-8650, what must be listed?**
- A. Applicant's name**
 - B. Specific date and time**
 - C. Caseworker's name**
 - D. Interview location**
- 10. What will be the first paycheck date for the client after starting her job?**
- A. 11/22/2016**
 - B. 11/28/2016**
 - C. 12/05/2016**
 - D. 12/12/2016**

Answers

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

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Explanations

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1. Which of the following is considered an example of a required verification?

- A. Property taxes**
- B. Identity**
- C. Rent receipt**
- D. Gas bill**

The correct choice, identifying identity, is crucial in various service and program contexts, especially in food and nutrition assistance programs. Verification of identity ensures that applicants or recipients are who they claim to be, providing a safeguard against fraud and ensuring that services are delivered to eligible individuals. In many programs, verifying an individual's identity can involve checking government-issued identification, social security numbers, or other documentation that proves a person's identity. This is particularly important in nutritional assistance programs, where eligibility is based on specific criteria. The other options, while they may be important for certain processes or contexts, do not represent a fundamental verification of identity. Property taxes, rent receipts, and gas bills are more likely to be used for assessing financial eligibility or residency rather than confirming who a person is. Therefore, the verification of identity stands out as a critical requirement in ensuring integrity in service delivery.

2. If a client applies for FNS on January 7, 2019, and does not meet any ABAWD exemptions, what month would be considered their first free month?

- A. January**
- B. February**
- C. March**
- D. April**

The correct understanding of determining the first free month for clients applying for the Food and Nutrition Services (FNS) program, particularly for Able-Bodied Adults Without Dependents (ABAWD), lies in the specific criteria set by regulations. When a client applies on January 7, 2019, their eligibility for SNAP benefits and the timing of receiving those benefits is what determines their first free month. ABAWD clients are subject to work requirements and may receive SNAP benefits for a limited time unless they meet an exemption. In this case, since the client does not meet any of the exemptions, the first month for which they receive SNAP benefits would be considered their first free month in relation to the work requirement. When the application is made in January, benefits typically begin the month after the application is processed. Since the client applied in January, their benefits would start in February. Thus, February is regarded as the first month in which they receive benefits. Given that the ABAWD time limits are usually assessed based on the month of benefit issuance and not the month in which the application is filed, February is the month that counts as their first free month before the ABAWD work requirements would apply. So, for clients like this one, the first free month

3. What is the benefit eligibility status of Jessica in the FNS household?

- A. Not eligible
- B. Eligible**
- C. Under review
- D. Pending verification

Jessica's benefit eligibility status is classified as eligible, which means she meets the necessary criteria to receive assistance based on her household situation, income, resources, and other applicable factors as defined by the Food and Nutrition Services (FNS) guidelines. When determining eligibility, several key factors are considered, including the household's total income in relation to the federal poverty level, the presence of dependents, and the nature of any resources owned by the household. If all these align correctly within the guidelines set by the FNS, it indicates that Jessica qualifies for benefits designed to provide food assistance. The other options such as "not eligible," "under review," and "pending verification" highlight status situations where eligibility requirements have not been fully met, or where the application process is still incomplete or awaiting further information. In Jessica's case, her eligibility signifies that she has successfully navigated these criteria and processes, making her well-positioned to receive the necessary assistance.

4. What is the minimum age requirement for individuals to be eligible for the Simplified Nutrition Assistance Program (SNAP)?

- A. 60 years
- B. 62 years
- C. 65 years**
- D. 70 years

The minimum age requirement for individuals to be eligible for the Simplified Nutrition Assistance Program (SNAP) is 65 years. This program is geared towards providing assistance to senior citizens who may have limited income and resources, thereby helping them access the necessary nutrition support. The age of 65 is significant as it aligns with the general retirement age, recognizing that many individuals at this stage of life may require additional support to meet their nutritional needs. Programs like SNAP aim to alleviate food insecurity among older adults, making this specific age threshold important in policy formulation to help improve the quality of life for seniors.

5. Individuals between the ages of 18 and 49 may be subject to which requirement?

- A. ABAWD requirements**
- B. Work requirements**
- C. Residency requirements**
- D. Income thresholds**

The correct choice pertains specifically to the ABAWD requirements, which stand for Able-Bodied Adults Without Dependents. This designation is relevant for individuals aged 18 to 49 who are participating in certain assistance programs, such as Supplemental Nutrition Assistance Program (SNAP). The ABAWD requirements mandate that individuals in this age group must meet specific work-related criteria to qualify for benefits. This includes working a certain number of hours per week or participating in approved work-related activities to maintain eligibility. The intention behind these requirements is to encourage self-sufficiency and promote employment among individuals who do not have dependents. In contrast, while work requirements align with the need for individuals to be engaged in work or training, they are broader and encompass more than what is specific to ABAWD. Residency requirements pertain to the eligibility based on the individual's living situation, and income thresholds refer to the financial criteria that individuals must meet to ask for assistance. However, the ABAWD requirements are distinct and specifically apply to this age group, thus making it the most accurate choice regarding the requirements they may face.

6. If John Little is employed part-time and has a child, what must he do regarding work registration?

- A. He does not need to register**
- B. He needs to register for work**
- C. He can register at his leisure**
- D. He must register only if his income exceeds the limit**

John Little must register for work because part-time employment and the responsibility of having a child typically place him under certain requirements regarding work registration. In most cases, individuals with dependents and those who are employed, even part-time, are expected to engage actively in job search efforts or employment verification. This requirement ensures that they are making efforts to secure stable, full-time employment or to advance their qualifications, which could lead to better job opportunities in the future. Additionally, work registration can provide access to additional resources, training programs, and support services that can aid in job placement. The other choices do not hold as they either imply that registration isn't necessary for someone in his situation or suggest that he can defer it. However, the obligations associated with having a child, combined with the need to maintain engagement in the workforce, establish the necessity for John to register for work. This reinforces the understanding that active participation in job-seeking activities is a key responsibility for employees with dependents.

7. A student who works part-time and has no children may still be eligible for Food and Nutrition Services if?

- A. They earn a high salary**
- B. They meet the income guidelines**
- C. They are enrolled in a graduate program**
- D. They live off-campus**

The eligibility for Food and Nutrition Services (FNS) in North Carolina is primarily determined by income guidelines rather than the specifics of employment status or educational background. In this case, a student working part-time can qualify for assistance if their income falls within the specified limits set by the program. Meeting income guidelines takes into consideration various factors, including household size and total income, which could include earnings from part-time work. If the student's income doesn't exceed these thresholds, they may still qualify for food assistance, even without children. Thus, this directly supports the assertion that meeting the income criteria is a fundamental requirement for eligibility. The other options, while they may seem relevant, do not directly influence eligibility in the same way. Having a high salary would disqualify an applicant due to exceeding income limits, being enrolled in a graduate program does not necessarily relate to financial need, and living off-campus may affect a student's expenses but does not determine their eligibility for food assistance. Hence, the focus is on the income guidelines as the correct basis for eligibility in this context.

8. Which of the following individuals is ineligible to participate in the Food and Nutrition Services Units?

- A. A part-time working student with no dependents**
- B. A full-time graduate student with dependents**
- C. A non-working student living with parents**
- D. A non-working adult with children**

The selection of the full-time graduate student with dependents as the individual who is ineligible to participate in the Food and Nutrition Services Units is based on specific eligibility criteria established by these programs. Generally, Food and Nutrition Services focus on assisting low-income individuals and families in accessing nutritional food. Full-time students, particularly at the graduate level, are often categorized differently regarding their financial support and the expected contributions they can provide. Full-time graduate students typically have higher financial resources due to potential stipends or parental support that disqualify them from needing food assistance programs. In contrast, part-time working students, non-working students living with their parents, and non-working adults with children might qualify for assistance due to potential financial limitations. These individuals may not be contributing significantly to their household income and may require support to meet their nutritional needs, which aligns more closely with the purpose of Food and Nutrition Services. Thus, the choice of the full-time graduate student with dependents stands as the correct answer due to their likely higher economic standing and ability to support themselves financially, making them ineligible for participation in these units.

9. When scheduling an interview on the DSS-8650, what must be listed?

- A. Applicant's name**
- B. Specific date and time**
- C. Caseworker's name**
- D. Interview location**

When scheduling an interview using the DSS-8650, the specific date and time must be listed to ensure clarity and coordination between the applicant and the caseworker. This detail is crucial because it helps in organizing the interview efficiently, allowing both parties to prepare and allocate the necessary time for discussion. Without a designated date and time, the interview process may experience delays or confusion, leading to potential missed opportunities for assistance. Including this information establishes a clear understanding of when the interaction will take place, facilitating communication and service delivery in the context of social services. While noting the applicant's name, caseworker's name, and interview location are important for the overall documentation and context of the interview, they do not hold the same level of immediate necessity as the specific date and time when it comes to scheduling the interview itself.

10. What will be the first paycheck date for the client after starting her job?

- A. 11/22/2016**
- B. 11/28/2016**
- C. 12/05/2016**
- D. 12/12/2016**

The correct answer indicates that the first paycheck date for the client after starting her job will be on 11/28/2016. In many workplaces, pay periods typically follow a regular schedule, such as bi-weekly or semi-monthly. If the client started her job after the last payroll cutoff, her first paycheck would generally be issued at the end of the next pay period. Given that the options fall within a typical payroll cycle, if 11/22/2016 falls shortly after the client's start date, it is likely that the payroll processed on that date does not include her hours worked. Therefore, the subsequent payroll date of 11/28/2016 would logically be her first paycheck, as this would cover the hours worked after she began her employment. This choice stems from understanding common payroll processes, including the typical intervals upon which employees are compensated. By choosing 11/28/2016, it reflects an understanding of how payroll periods align with employment start dates.

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://ncfastfoodnutritionserviceslv11.examzify.com>

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

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