

NORTH CAROLINA FAST FOOD AND NUTRITION SERVICES LEVEL 1 PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://ncfastfoodnutritionserviceslvl1.examzify.com>



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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. Timely recertifications must be processed no later than what?**
 - A. Last calendar day of the month
 - B. Late workday of the month received
 - C. First day of the following month
 - D. Mid-month of each month
- 2. What action must a worker take when an FNS unit reports a member has left for college?**
 - A. Dismiss the report
 - B. Report to state authorities
 - C. React to the reported change
 - D. Conduct a full investigation
- 3. What is the significance of the Workforce Opportunity and Innovation Act in the context of food and nutrition services?**
 - A. It provides funding for housing assistance
 - B. It supports job training and education
 - C. It regulates food safety standards
 - D. It requires nutritional labeling
- 4. What is the base period for Ms. Johnson's wages when applying for FNS?**
 - A. February
 - B. March
 - C. April
 - D. May
- 5. What action should be taken if requested verification remains unprovided?**
 - A. Close the application immediately
 - B. Consult and apply available information
 - C. Automatically deny the application
 - D. Retry to obtain the verification at a later date

- 6. What is considered a non-reportable type of change in an FNS unit?**
- A. A member leaves the household
 - B. A child is born into the household
 - C. An adult member loses employment
 - D. The household moves to a new address
- 7. A DSS-8650 must be sent when what document is incomplete due to missing verification?**
- A. DSS-5432
 - B. DSS-2435
 - C. DSS-8650
 - D. DSS-5432A
- 8. Can individuals with update functionality in EBT Edge also key transactions?**
- A. Yes, always
 - B. No, only supervisors can
 - C. Only if properly trained
 - D. No, they cannot
- 9. What is the number of the ABAWD explanation form that must be provided to households at application?**
- A. DSS-8640
 - B. DSS-8568
 - C. DSS-9600
 - D. DSS-4000
- 10. If a homeless 28-year-old has children but DSS has custody, must she register for work?**
- A. Yes
 - B. No
 - C. Only if she has a permanent address
 - D. Conditional upon communication with DSS

Answers

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

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Explanations

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1. Timely recertifications must be processed no later than what?

- A. Last calendar day of the month
- B. Late workday of the month received**
- C. First day of the following month
- D. Mid-month of each month

Timely recertifications must be processed no later than the last workday of the month received. This is crucial for ensuring that all paperwork and documentation are completed in a timely manner, allowing for uninterrupted service and compliance with regulatory requirements. Processing recertifications by the last workday ensures that there is adequate time for review, verification, and any necessary adjustments before the new month begins. This practice helps in maintaining the efficiency of the food and nutrition services program, ensuring that participants receive the necessary benefits without delays. Understanding the timeline for processing is vital for staff in these roles, as it directly impacts service delivery and regulatory adherence. By establishing a clear deadline, it helps to streamline operations and keep both staff and recipients informed about the status of their recertifications.

2. What action must a worker take when an FNS unit reports a member has left for college?

- A. Dismiss the report
- B. Report to state authorities
- C. React to the reported change**
- D. Conduct a full investigation

When a Food and Nutrition Services (FNS) unit reports that a member has left for college, the appropriate action is to react to the reported change. This is essential because any change in a household's composition, including a member leaving for educational purposes, can affect eligibility for benefits, the amount of assistance, and the overall case status. By responding to the reported change, the worker ensures that the information is up-to-date, which is critical for maintaining compliance with FNS regulations and ensuring that resources are allocated appropriately. This could involve updating the case to reflect the change in household size or income, making it a necessary step in the process to ensure that benefits align with the current circumstances of the household. The other actions, such as dismissing the report, conducting a full investigation, or reporting to state authorities, would not address the immediate need to adjust the case based on the new information provided. Reacting promptly ensures that all parties involved receive the correct benefits based on their eligibility after the member's departure.

3. What is the significance of the Workforce Opportunity and Innovation Act in the context of food and nutrition services?

- A. It provides funding for housing assistance
- B. It supports job training and education**
- C. It regulates food safety standards
- D. It requires nutritional labeling

The Workforce Opportunity and Innovation Act (WIOA) plays a crucial role in supporting job training and education, which is significant in the context of food and nutrition services. This legislation aims to enhance the employment prospects of individuals, including those in the food service and nutrition sectors, by providing them with essential skills and training. The focus of the WIOA is to create a workforce system that is responsive to the needs of employers while ensuring that job seekers have access to training programs and education that align with market demands. This can directly impact food and nutrition services by helping professionals in these fields improve their skills, stay updated on best practices, and ultimately provide better services to communities. While other options mention housing assistance, food safety regulations, and nutritional labeling, they do not relate to the primary objective of the WIOA, which is centered on workforce development and education. Therefore, understanding the WIOA's emphasis on job training and education is essential for recognizing its significance in enhancing employment opportunities within food and nutrition services.

4. What is the base period for Ms. Johnson's wages when applying for FNS?

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

The base period for an individual's wages when applying for the Food and Nutrition Services (FNS) program typically refers to the specific timeframe during which the applicant's income is assessed to determine eligibility for assistance. For Ms. Johnson's case, choosing April as the base period would mean that this month is relevant for evaluating her income level and any potential benefits. April is often a crucial month because it can capture a significant snapshot of an applicant's financial situation. It might align with recent wages, seasonal employment, or other income-generating activities that can impact eligibility decisions more accurately than the other months listed. In contrast, February, March, and May either precede or follow that pivotal assessment period. For example, February may reflect income that is too outdated to be relevant, while May may not include the most current income data pertinent to the application period. Therefore, April provides a logical choice that balances recency and reliability in determining Ms. Johnson's eligibility for FNS support.

5. What action should be taken if requested verification remains unprovided?

- A. Close the application immediately
- B. Consult and apply available information**
- C. Automatically deny the application
- D. Retry to obtain the verification at a later date

When dealing with a situation where requested verification is not provided, consulting and applying available information is the most appropriate action. This approach allows for a more comprehensive assessment of the application using the data that is on hand, which may include prior records, eligibility criteria, or other relevant documentation. It ensures that the decision-making process does not abruptly halt due to missing verification, thereby facilitating continuity and fairness in evaluating the application. Moreover, utilizing available information can be particularly beneficial in determining if the applicant meets the necessary criteria without unnecessarily prolonging the process. It also demonstrates a commitment to thoroughness and attention to individual circumstances, which can be critical in ensuring that those who are eligible receive the support they need. By taking this route, you maximize the chances of appropriately addressing the applicant's situation, fostering a fair and transparent process in the handling of applications.

6. What is considered a non-reportable type of change in an FNS unit?

- A. A member leaves the household
- B. A child is born into the household**
- C. An adult member loses employment
- D. The household moves to a new address

A child being born into a household is classified as a non-reportable change in an FNS unit because it does not immediately affect the household's eligibility or level of benefits. While the addition of a new child may impact benefit calculations in the long run due to changes in household size or income considerations, it is not something that needs to be reported immediately under most circumstances. In contrast, the departure of a household member, a job loss by an adult member, or a move to a new address are significant changes that would directly influence the household's eligibility status or benefits, necessitating prompt reporting to ensure accurate benefit levels and compliance with program requirements. Thus, the birth of a child is seen as a change that does not require immediate adjustments to current records or benefits, making it a non-reportable change.

7. A DSS-8650 must be sent when what document is incomplete due to missing verification?

- A. DSS-5432
- B. DSS-2435**
- C. DSS-8650
- D. DSS-5432A

The DSS-8650 form is utilized in the context of food and nutrition services when there is a need to document that an application or verification is incomplete. Specifically, it must be sent when the DSS-2435, which is an application or verification document, is found to be incomplete due to missing verification. The purpose of the DSS-8650 is to communicate to the applicant or recipient that further information is required to complete their application process. By identifying the correct documentation as the DSS-2435, you demonstrate an understanding that this particular form plays a crucial role in the application and verification process for food assistance programs. Upon identifying an incomplete situation with the DSS-2435, it is essential to send a DSS-8650 to ensure that the applicant is aware of what is needed to complete their application effectively.

8. Can individuals with update functionality in EBT Edge also key transactions?

- A. Yes, always
- B. No, only supervisors can
- C. Only if properly trained
- D. No, they cannot**

Individuals with update functionality in EBT Edge are not permitted to key transactions. This is a crucial aspect of maintaining the integrity and security of the system. By limiting transaction capabilities to only authorized personnel, such as supervisors, the risk of errors or fraudulent activities is significantly reduced. The design of the system aims to create clear roles and responsibilities. Those who have update access usually engage in maintaining or editing data, not in processing transactions. This segregation of duties is a fundamental principle in operational security, ensuring that critical functions are performed by designated individuals with the appropriate training and authority. Ultimately, ensuring that only certain users can key transactions helps maintain oversight and accuracy in the processing of EBT transactions, safeguarding both the system integrity and the welfare of the beneficiaries it serves.

9. What is the number of the ABAWD explanation form that must be provided to households at application?

- A. DSS-8640
- B. DSS-8568**
- C. DSS-9600
- D. DSS-4000

The correct form for providing an explanation to households regarding ABAWD (Able-Bodied Adults Without Dependents) requirements during the application process is the DSS-8568. This form is specifically designed to inform applicants of the rules and regulations that apply to ABAWDs, including work requirements and eligibility criteria, so that they can understand the expectations associated with participating in the Supplemental Nutrition Assistance Program (SNAP). Having this information at the time of application ensures that applicants are aware of their responsibilities, and it helps to streamline the process by clarifying potential requirements right from the beginning. Familiarity with the DSS-8568 can facilitate better communication between the caseworkers and the applicants, ultimately aiding in compliance and support for those who need it. The other forms listed serve different purposes within the realm of food and nutrition services, which is why they do not fulfill the specific need for ABAWD explanation during application.

10. If a homeless 28-year-old has children but DSS has custody, must she register for work?

A. Yes

B. No

C. Only if she has a permanent address

D. Conditional upon communication with DSS

The requirement for a homeless individual, such as the 28-year-old woman in this scenario, to register for work is based on the conditionality of receiving public assistance benefits. When individuals are receiving government assistance, such as Temporary Assistance for Needy Families (TANF), they are often required to actively seek employment to ensure they are doing their part in becoming self-sufficient. In this case, since the woman has children for whom the Department of Social Services (DSS) has custody, registering for work aligns with the objectives of the program which aims to encourage beneficiaries to pursue opportunities for employment. This obligation helps facilitate her journey toward financial independence, which is a crucial factor since her children are involved. The requirement to register for work is typically independent of having a permanent address, as many social services aim to assist individuals who are in unstable housing situations. Thus, her homelessness does not exempt her from the need to engage in job searching if she is receiving aid for her family. The emphasis on registering for work also highlights the importance of being proactive in seeking employment, which is a fundamental part of welfare reform designed to encourage self-sufficiency. Therefore, the answer accurately reflects the obligations placed on individuals in her situation regarding work registration.

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://ncfastfoodnutritionserviceslvl1.examzify.com>

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

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