

Nutrition and Nutritional Care/Support Practice Test (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 nutrient is primarily involved in oxygen transport in the blood?**
 - A. Carbohydrates**
 - B. Protein**
 - C. Iron**
 - D. Calcium**
- 2. What should the licensed practical nurse (LPN) do when asked to care for a patient with a central venous catheter for total parenteral nutrition?**
 - A. "Accept the assignment with appropriate supervision."**
 - B. "Refuse the assignment because it is outside the scope of practice for the LPN."**
 - C. "Request additional training in central venous catheter care."**
 - D. "Inform the RN that you're not familiar but will do your best."**
- 3. What is the recommended daily intake of fruits and vegetables for adults?**
 - A. At least 3 servings**
 - B. At least 5 servings**
 - C. At least 7 servings**
 - D. At least 10 servings**
- 4. What patient comment might lead the nurse to suggest a referral for nutritional assistance?**
 - A. "I can never remember what to eat for balanced meals."**
 - B. "I can't afford groceries or to go out to eat meals."**
 - C. "I try to eat healthy but struggle with portion control."**
 - D. "I often skip breakfast, but I eat well at lunch."**
- 5. What is the significance of the glycemic index in dietary planning?**
 - A. It measures the protein content of foods**
 - B. It indicates the fat content of foods**
 - C. It measures how quickly food raises blood sugar levels**
 - D. It categorizes foods into vitamin-rich groups**

6. What food source can the nurse suggest for a patient with hypomagnesemia?

- A. Broccoli**
- B. Almonds**
- C. Rice**
- D. Chicken**

7. What is one of the main functions of dietary fiber?

- A. To increase protein absorption**
- B. To promote healthy digestion**
- C. To provide essential fatty acids**
- D. To enhance blood circulation**

8. Which mineral is crucial for oxygen transport in the body?

- A. Calcium**
- B. Iron**
- C. Zinc**
- D. Potassium**

9. Which recommended snack is appropriate for an adolescent patient?

- A. A bag of chips**
- B. Tortilla rolls**
- C. Candy bars**
- D. Cheese sticks**

10. What is the primary function of carbohydrates in the diet?

- A. To provide energy**
- B. To support growth and repair**
- C. To aid in digestion**
- D. To regulate body temperature**

Answers

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

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Explanations

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1. Which nutrient is primarily involved in oxygen transport in the blood?

- A. Carbohydrates**
- B. Protein**
- C. Iron**
- D. Calcium**

The primary nutrient involved in oxygen transport in the blood is iron. Iron is a crucial component of hemoglobin, the protein found in red blood cells that binds to oxygen in the lungs and carries it to tissues throughout the body. When iron is present in hemoglobin, it allows for the efficient transport of oxygen, which is essential for cellular respiration and energy production in all living cells. While carbohydrates provide energy, proteins have a variety of roles in the body, including structural support and enzyme function, and calcium is vital for bone health and muscle function, they do not play a direct role in the transport of oxygen in the blood. Iron specifically is the element that enables hemoglobin to effectively carry oxygen, highlighting its critical role in this process.

2. What should the licensed practical nurse (LPN) do when asked to care for a patient with a central venous catheter for total parenteral nutrition?

- A. "Accept the assignment with appropriate supervision."**
- B. "Refuse the assignment because it is outside the scope of practice for the LPN."**
- C. "Request additional training in central venous catheter care."**
- D. "Inform the RN that you're not familiar but will do your best."**

The most appropriate response in this scenario is to acknowledge the limitations of the licensed practical nurse's (LPN) scope of practice concerning the care of patients with central venous catheters for total parenteral nutrition. The LPN's role typically involves providing basic patient care, administering medications, and monitoring patients under the supervision of registered nurses (RNs) or other healthcare providers. Caring for a patient with a central venous catheter, particularly in relation to total parenteral nutrition (TPN), often involves complex procedures that require a higher level of nursing education and training which is usually designated for RNs. This can include tasks such as managing the administration of TPN, monitoring for complications associated with central lines, and performing specific assessments that are critical for patient safety. In this case, recognizing the need to adhere to the defined scope of practice is essential for patient safety and aligns with professional standards. Emphasizing the importance of working within one's competency boundaries assures that patient care is delivered effectively and safely.

3. What is the recommended daily intake of fruits and vegetables for adults?

- A. At least 3 servings**
- B. At least 5 servings**
- C. At least 7 servings**
- D. At least 10 servings**

The recommended daily intake of fruits and vegetables for adults is at least 5 servings. This guideline is supported by numerous health organizations, including the World Health Organization and the Centers for Disease Control and Prevention, which highlight the importance of fruits and vegetables in a balanced diet. Consuming at least 5 servings helps to ensure an adequate intake of essential vitamins, minerals, fiber, and antioxidants, which contribute to overall health and can reduce the risk of chronic diseases such as heart disease, diabetes, and certain cancers. Eating a variety of fruits and vegetables can also support digestive health and contribute to better weight management due to their low calorie density and high nutrient content. While many may benefit from higher intakes—such as 7 or 10 servings—the established guideline of 5 servings serves as a practical and achievable target for most adults to strive for in their daily diets.

4. What patient comment might lead the nurse to suggest a referral for nutritional assistance?

- A. "I can never remember what to eat for balanced meals."**
- B. "I can't afford groceries or to go out to eat meals."**
- C. "I try to eat healthy but struggle with portion control."**
- D. "I often skip breakfast, but I eat well at lunch."**

The patient comment that indicates a need for nutritional assistance is the one expressing concerns about affording groceries or meals. This suggests that financial constraints may be preventing the patient from accessing healthy food options or maintaining a proper diet. When individuals face economic barriers to purchasing nutritious foods, they often turn to cheaper, less healthy alternatives, which can adversely impact their health and well-being. In this context, a nurse's referral for nutritional assistance can provide the patient with support in accessing appropriate resources, such as food pantries, community programs, or government assistance that can help them secure nutritious foods within their budget. This action can lead to improved dietary habits and overall health outcomes. Other comments might point to challenges in meal planning, portion control, or timing of meals, but they do not necessarily indicate a financial barrier, which is critical to address for anyone struggling to meet their nutritional needs.

5. What is the significance of the glycemic index in dietary planning?

- A. It measures the protein content of foods
- B. It indicates the fat content of foods
- C. It measures how quickly food raises blood sugar levels**
- D. It categorizes foods into vitamin-rich groups

The significance of the glycemic index in dietary planning lies in its ability to measure how quickly different foods raise blood sugar levels after consumption. The glycemic index (GI) assigns a numerical value to carbohydrates in foods based on their impact on blood glucose. Foods with a high GI cause a rapid spike in blood sugar, while those with a low GI result in a more gradual increase. This information is particularly important for individuals managing diabetes or those looking to control their weight, as it can influence food choices that help maintain stable energy levels and encourage healthier eating habits. By selecting foods with a lower glycemic index, individuals may benefit from a reduced risk of insulin resistance and generally improved metabolic health. Thus, understanding the glycemic index allows for more informed dietary planning that supports overall health and blood sugar management.

6. What food source can the nurse suggest for a patient with hypomagnesemia?

- A. Broccoli
- B. Almonds**
- C. Rice
- D. Chicken

In cases of hypomagnesemia, which is characterized by low levels of magnesium in the body, it's essential to recommend foods that are particularly high in this important mineral. Almonds are an excellent source of magnesium, providing about 268 mg per ounce. This high concentration makes them highly beneficial for restoring magnesium levels in patients who are deficient. Almonds not only supply magnesium, but they also offer healthy fats, protein, and other nutrients that can contribute to overall health. Consuming almonds can help patients achieve recommended daily magnesium intake, supporting various bodily functions including muscle and nerve function, blood pressure regulation, and energy production. While choices like broccoli, rice, and chicken also contain some magnesium, their levels are significantly lower compared to almonds. Thus, for a patient specifically dealing with hypomagnesemia, recommending almonds is the most effective approach to address the magnesium deficiency directly.

7. What is one of the main functions of dietary fiber?

- A. To increase protein absorption
- B. To promote healthy digestion**
- C. To provide essential fatty acids
- D. To enhance blood circulation

One of the main functions of dietary fiber is to promote healthy digestion. Dietary fiber is a type of carbohydrate that the body cannot digest, which means it passes through the gastrointestinal tract relatively intact. This characteristic is vital for several aspects of digestive health. Soluble fiber, for instance, helps to soften stool by absorbing water, making it easier to pass, which helps prevent constipation. This can lead to regular bowel movements and a reduced risk of gastrointestinal disorders. Insoluble fiber adds bulk to the stool, which aids in moving food through the digestive tract more efficiently. Furthermore, a diet high in fiber has been associated with a lower risk of developing various digestive issues, including diverticular disease and hemorrhoids. In contrast to the other functions presented in the choices, dietary fiber does not contribute directly to protein absorption, provide essential fatty acids, or enhance blood circulation in the same manner. These functions are fulfilled by different nutrients and dietary components. Hence, promoting healthy digestion stands out as a primary function of dietary fiber.

8. Which mineral is crucial for oxygen transport in the body?

- A. Calcium
- B. Iron**
- C. Zinc
- D. Potassium

The mineral that plays a crucial role in oxygen transport in the body is iron. Iron is a fundamental component of hemoglobin, the protein in red blood cells responsible for binding to oxygen in the lungs and carrying it to tissues throughout the body. Without adequate iron, the body cannot produce enough healthy red blood cells, potentially leading to anemia, which can result in fatigue and weakness due to insufficient oxygen delivery to tissues. Calcium, zinc, and potassium, while important for various bodily functions, do not have a direct role in oxygen transport. Calcium is essential for bone health and muscle function, zinc plays a vital role in immune function and wound healing, and potassium is crucial for maintaining fluid balance and proper function of muscles and nerves. However, none of these minerals are involved in the actual transport of oxygen within the bloodstream like iron is.

9. Which recommended snack is appropriate for an adolescent patient?

- A. A bag of chips**
- B. Tortilla rolls**
- C. Candy bars**
- D. Cheese sticks**

Cheese sticks are an ideal snack for an adolescent patient due to their nutritional benefits. They are high in protein and calcium, which are essential for growth and development during adolescence. The calcium helps support bone health, which is particularly crucial during these years as the body is experiencing significant growth and changes. Additionally, cheese sticks typically contain healthy fats, which can help to keep the adolescent feeling satisfied and less likely to overeat on less nutritious options later. This choice stands out as being nutrient-dense, offering a balance of macronutrients that can support overall health and energy needs, unlike the other options, which might be higher in unhealthy fats, sugars, or sodium without providing substantial nutritional value.

10. What is the primary function of carbohydrates in the diet?

- A. To provide energy**
- B. To support growth and repair**
- C. To aid in digestion**
- D. To regulate body temperature**

Carbohydrates primarily serve the crucial function of providing energy, which makes them a fundamental component of a balanced diet. When consumed, carbohydrates are broken down into glucose, which is the body's main energy source. This glucose is used by cells for immediate energy needs or stored in the liver and muscles as glycogen for later use. Given that the brain also relies heavily on glucose for optimal functioning, adequate carbohydrate intake is essential for maintaining mental and physical performance. While other nutrients have their roles, the primary contribution of carbohydrates is the provision of energy, which supports various bodily functions and activities. The other options reflect important aspects of nutrition, such as protein supporting growth and repair, fiber aiding digestion, and fats playing a role in body temperature regulation, but these functions do not encompass the primary role of carbohydrates as energy providers.

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://nutritionalcaresupport.examzify.com>

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

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