

# Nutrition Section 1 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. On the 5/2 intermittent fasting diet, fasting days involve consuming what percent of a normal day's calories?**
  - A. 10 percent**
  - B. 25 percent**
  - C. 50 percent**
  - D. 75 percent**
  
- 2. What is a good strategy to use when a client denies personal problems?**
  - A. Reframing**
  - B. Confrontation**
  - C. Ignoring the issue**
  - D. Persuasion**
  
- 3. Which statement about medical nutrition therapy (MNT) is most accurate?**
  - A. It is a health education program for the general public.**
  - B. It is a medication management service.**
  - C. It is a form of dietary counseling for sports performance.**
  - D. It is a nutrition approach used to treat or manage disease.**
  
- 4. An internal business plan is intended for which audience?**
  - A. Owner and employees**
  - B. External investors**
  - C. Regulators**
  - D. The general public**
  
- 5. Phospholipids are an important structural component of which tissue?**
  - A. Brain**
  - B. Liver**
  - C. Muscle**
  - D. Skin**

- 6. How many taste buds does an average human have?**
- A. About 3,500**
  - B. Between 9,000 and 10,000**
  - C. About 15,000**
  - D. About 100**
- 7. An essential amino acid must be obtained from the diet.**
- A. Histidine**
  - B. Alanine**
  - C. Glycine**
  - D. Proline**
- 8. Which statement describes how hydrolysates differ from concentrates and isolates?**
- A. They are free of fats**
  - B. They are produced by breaking proteins into smaller peptides through hydrolysis**
  - C. They are the same as protein isolates**
  - D. They are always derived from plant sources**
- 9. Internal business plans are designed primarily for which audience?**
- A. External investors**
  - B. Public**
  - C. Regulators**
  - D. Owner and employees**
- 10. Of the following types of exercise, which promotes a higher bone density when performed consistently?**
- A. Yoga**
  - B. Barbell training**
  - C. Running**
  - D. Swimming**

## Answers

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

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## **Explanations**

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**1. On the 5/2 intermittent fasting diet, fasting days involve consuming what percent of a normal day's calories?**

- A. 10 percent
- B. 25 percent**
- C. 50 percent
- D. 75 percent

On the 5/2 plan, two days per week are fasting days, and the idea is to drastically reduce intake to about a quarter of a normal day. In practical terms, that's roughly 500 calories for women or about 600 for men, which corresponds to about 25% of a typical 2000-calorie day. So the fasting days involve consuming about 25% of normal daily calories.

**2. What is a good strategy to use when a client denies personal problems?**

- A. Reframing**
- B. Confrontation
- C. Ignoring the issue
- D. Persuasion

When a client denies personal problems, reframing helps by shifting the conversation to a different, more constructive perspective without blaming or pressuring. It involves restating what the client is saying in a way that invites exploration, such as highlighting how small daily choices can impact health and energy. This reduces defensiveness and opens the door to discussing underlying factors that may be affecting nutrition and lifestyle. Confrontation tends to trigger resistance, ignoring the issue leaves the problem unresolved, and persuasion can feel pushy and cause the client to shut down. For example, you might say, "It sounds like you don't see this as a problem yet, but many people discover that small changes add up over time and make a noticeable difference in how you feel."

**3. Which statement about medical nutrition therapy (MNT) is most accurate?**

- A. It is a health education program for the general public.
- B. It is a medication management service.
- C. It is a form of dietary counseling for sports performance.
- D. It is a nutrition approach used to treat or manage disease.**

Medical nutrition therapy is a targeted, evidence-based approach that uses personalized nutrition interventions to treat or manage a disease or medical condition. It goes beyond general health education or sport-focused dietary advice by tailoring a plan to an individual's medical state, labs, and treatment goals, often coordinated by a registered dietitian. For example, in diabetes, MNT involves matching carbohydrate intake with insulin and activity; in kidney disease, it may adjust protein and electrolyte intake; in weight or cardiovascular risk management, it uses specific dietary changes to influence outcomes. This focused, medical-directed nutrition plan aims to improve symptoms, control metabolic parameters, and prevent complications, which is why it is described as a nutrition approach used to treat or manage disease.

#### 4. An internal business plan is intended for which audience?

- A. Owner and employees**
- B. External investors**
- C. Regulators**
- D. The general public**

An internal business plan is meant to guide people inside the company, such as the owner and employees, in executing the strategy. It focuses on how the business will operate day to day, with detailed plans for staffing, budgets, timelines, and responsibilities. The goal is to align everyone's efforts, track progress, and adapt as needed based on real performance. External investors, regulators, and the general public have different needs and interests, so plans for them are tailored to address funding expectations, compliance, or public information rather than internal execution.

#### 5. Phospholipids are an important structural component of which tissue?

- A. Brain**
- B. Liver**
- C. Muscle**
- D. Skin**

Phospholipids form the basic structure of cell membranes, with amphipathic molecules creating a bilayer that defines the boundaries of cells and organelles. In brain tissue, membranes are especially abundant because neurons and glial cells rely on them for signaling and support, and the myelin sheath around many axons is extremely phospholipid-rich, providing insulation and speeding impulse transmission. This high phospholipid content in neural membranes and myelin makes brain tissue a key area where phospholipids play a crucial structural role.

#### 6. How many taste buds does an average human have?

- A. About 3,500**
- B. Between 9,000 and 10,000**
- C. About 15,000**
- D. About 100**

Taste buds number in the thousands for most adults—the commonly cited range is about 9,000 to 10,000. These are tiny clusters of taste receptor cells embedded in the tongue's bumps (papillae) and also in other parts of the mouth. They detect five basic tastes and are continually renewed, with turnover roughly every one to two weeks. The exact count varies between individuals and tends to decrease with age, and can be influenced by genetics and lifestyle. So, the middle range of about 9,000 to 10,000 best matches what is typically observed in adults. The other figures fall outside the usual range and aren't representative of the average adult.

**7. An essential amino acid must be obtained from the diet.**

- A. Histidine**
- B. Alanine**
- C. Glycine**
- D. Proline**

An essential amino acid must come from the diet because it cannot be made in adequate amounts by the body. Histidine is one of these essential amino acids, needed for growth and tissue repair, so it must be obtained from food. The other amino acids listed—alanine, glycine, and proline—can be synthesized by the body, so they are considered nonessential.

**8. Which statement describes how hydrolysates differ from concentrates and isolates?**

- A. They are free of fats**
- B. They are produced by breaking proteins into smaller peptides through hydrolysis**
- C. They are the same as protein isolates**
- D. They are always derived from plant sources**

Hydrolysis and pre-digestion define protein hydrolysates. They are made by breaking proteins into smaller pieces—peptides and amino acids—through a hydrolysis process, which is why they are described as hydrolysates. This pre-digestion distinguishes them from concentrates and isolates, which are different ways of processing protein to change its non-protein content rather than to pre-digest the protein itself. Concentrates still contain more of the original fats and carbohydrates from the source, while isolates are processed to remove most non-protein components, yielding a higher protein content but without the pre-digested peptides. Hydrolysates aren't inherently fat-free and aren't restricted to plant sources—they can come from dairy, egg, plant, and other sources. So the statement that they are produced by breaking proteins into smaller peptides through hydrolysis best captures what sets hydrolysates apart.

**9. Internal business plans are designed primarily for which audience?**

- A. External investors**
- B. Public**
- C. Regulators**
- D. Owner and employees**

Internal business plans are written to guide those who run and work within the organization. They translate strategy into actionable steps, detailing goals, budgets, timelines, and who is responsible for what. This makes them especially useful for owners and employees, so everyone knows how to allocate resources, track progress, and coordinate daily activities to move the business forward. The plan is typically confidential and focused on internal operations rather than pitching to outsiders. External audiences—like investors, lenders, regulators, or the public—need documents tailored to their interests, such as funding needs, risk and market analysis, or compliance information, which is why the internal plan is considered best suited for the owner and employees.

**10. Of the following types of exercise, which promotes a higher bone density when performed consistently?**

**A. Yoga**

**B. Barbell training**

**C. Running**

**D. Swimming**

Bones respond to how hard and how often you load them. When you lift heavy weights, the skeleton experiences substantial, targeted mechanical strain, especially in weight-bearing areas like the spine, hips, and legs. This strain stimulates osteoblast activity and bone formation, leading to greater bone mineral density over time. Barbell training provides that high-load, progressive overload that prompts a strong osteogenic response, making it the most effective among common activities for increasing bone density with consistent practice. Running does load the bones, but the stimulus is typically less intense and more repetitive, which yields smaller gains in bone density over the long term. Swimming keeps you buoyant and involves little skeletal loading, so it has minimal impact on bone density. Yoga can add some loading, but it usually doesn't deliver the high, abrupt forces that drive bone formation unless paired with significant resistance or added loads. For the strongest increases in bone density with ongoing training, heavy resistance work is the most effective. Keeping nutrition in balance with enough calcium, vitamin D, and protein supports these adaptations as well.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nutritionsection1.examzify.com>**

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

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