

NUTRITION SECTION 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. How long should a coach maintain client records after program completion?**
 - A. Six months
 - B. One year
 - C. Two years
 - D. Five years
- 2. A deficiency in what type of vitamin presents itself through symptoms of night blindness?**
 - A. Vitamin A
 - B. Beta-carotene
 - C. Vitamin C
 - D. Vitamin D
- 3. Which marketing term refers to a direct request for action in promotional materials?**
 - A. Brand awareness
 - B. Call to action
 - C. Customer retention
 - D. Market segmentation
- 4. Pepsin is released by which organ?**
 - A. Esophagus
 - B. Pancreas
 - C. Stomach
 - D. Small intestine
- 5. What percentage of daily calories should added sugars be limited to?**
 - A. 5 percent
 - B. 15 percent
 - C. 25 percent
 - D. 10 percent

- 6. Which type of muscle is responsible for involuntary contractions in organ systems?**
- A. Skeletal muscle
 - B. Cardiac muscle
 - C. Striated muscle
 - D. Smooth muscle
- 7. Which statement correctly describes soluble fiber?**
- A. Soluble fiber dissolves in water and forms a viscous gel, lowers cholesterol and helps glycemic control.
 - B. Insoluble fiber adds bulk, promotes bowel regularity.
 - C. Soluble fiber is not found in plant foods.
 - D. Soluble fiber provides energy.
- 8. What is a good strategy to use when a client denies personal problems?**
- A. Reframing
 - B. Confrontation
 - C. Ignoring the issue
 - D. Persuasion
- 9. Which statement best describes hunger and appetite, and how ghrelin and leptin influence them?**
- A. Hunger is the physiological need for food; appetite is the psychological desire.
 - B. Ghrelin stimulates appetite; leptin signals hunger.
 - C. Leptin stimulates hunger; ghrelin signals satiety.
 - D. Both hunger and appetite are unaffected by hormones.
- 10. Which mineral commonly appears with sodium and chloride as electrolytes?**
- A. Calcium
 - B. Potassium
 - C. Magnesium
 - D. Phosphorus

Answers

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

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Explanations

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1. How long should a coach maintain client records after program completion?

- A. Six months
- B. One year
- C. Two years**
- D. Five years

Retaining client records after a program ends is about balancing accountability with privacy. Two years gives a practical window to address any questions about outcomes, review progress, or handle potential follow-up issues that might arise after services conclude, while not keeping data longer than necessary. It also aligns with common liability and professional-review timeframes, offering enough time to support any retrospective inquiries. After this period, records can be securely archived or destroyed in line with privacy policies and local laws. Shorter durations may leave you unprepared for questions or disputes, while longer retention increases storage needs and privacy risk.

2. A deficiency in what type of vitamin presents itself through symptoms of night blindness?

- A. Vitamin A
- B. Beta-carotene**
- C. Vitamin C
- D. Vitamin D

Night vision in low light depends on a pigment in the retina called rhodopsin, which requires vitamin A to form. When vitamin A is deficient, rhodopsin can't be regenerated efficiently, so adaptation to darkness is impaired and night blindness occurs. Beta-carotene, on the other hand, is a precursor that the body converts into vitamin A; it helps maintain vitamin A status but is not the vitamin itself. So night blindness points to a deficiency of the actual vitamin A, not a lack of beta-carotene.

3. Which marketing term refers to a direct request for action in promotional materials?

- A. Brand awareness
- B. Call to action**
- C. Customer retention
- D. Market segmentation

A call to action is a direct request for action in promotional materials. It guides the audience to take a specific step, such as "Shop now," "Sign up," or "Download the guide." The goal is to be clear and immediate so the viewer knows exactly what to do next and how to engage, making it easy to measure responses like clicks or purchases. This differs from brand awareness, which aims to improve recognition of the brand; customer retention, which focuses on keeping existing customers engaged; and market segmentation, which is about dividing the audience to tailor messages. So the term that best fits a direct request for action is a call to action.

4. Pepsin is released by which organ?

- A. Esophagus
- B. Pancreas
- C. Stomach**
- D. Small intestine

Pepsin is a proteolytic enzyme released by the stomach. It's secreted as pepsinogen by gastric chief cells and activated to pepsin by the stomach's acidic environment produced by hydrochloric acid from parietal cells. This acidity enables pepsin to start breaking down proteins right in the stomach. The pancreas releases enzymes into the small intestine (not pepsin), the esophagus doesn't secrete digestive enzymes, and the small intestine's environment is less acidic, which would inactivate pepsin.

5. What percentage of daily calories should added sugars be limited to?

- A. 5 percent
- B. 15 percent
- C. 25 percent
- D. 10 percent**

Limiting added sugars to ten percent of daily calories helps keep sugar intake in a safe, practical range while leaving room for nutrient-dense foods. Added sugars are sugars added during processing or in cooking, not the natural sugars found in whole fruit or dairy. When a larger share of calories comes from added sugars, it can lead to excess total calories, weight gain, and higher risks of heart disease and dental problems, while crowding out foods that provide vitamins, minerals, and fiber. Ten percent is the standard guideline because it provides a achievable target that supports overall diet quality. Choices that suggest five percent are stricter than usual recommendations, while fifteen or twenty-five percent exceed what most dietary guidelines advise.

6. Which type of muscle is responsible for involuntary contractions in organ systems?

- A. Skeletal muscle
- B. Cardiac muscle
- C. Striated muscle
- D. Smooth muscle**

Smooth muscle handles involuntary contractions in organ systems. It lines the walls of hollow organs and blood vessels, as well as the bladder, intestines, uterus, and airways. These contractions are not under conscious control; they're driven by the autonomic nervous system and hormones. Smooth muscle cells are non-striated and spindle-shaped, arranged in layers that allow gradual, sustained squeezing (peristalsis and tone) to move contents along and regulate flow. In contrast, skeletal muscle is voluntary and moves the skeleton, while cardiac muscle is also involuntary but specialized for the heart's pumping action.

7. Which statement correctly describes soluble fiber?

- A. Soluble fiber dissolves in water and forms a viscous gel, lowers cholesterol and helps glycemic control.**
- B. Insoluble fiber adds bulk, promotes bowel regularity.
- C. Soluble fiber is not found in plant foods.
- D. Soluble fiber provides energy.

Soluble fiber dissolves in water to form a viscous gel. That gel slows how quickly the stomach empties and slows the absorption of glucose, which helps with blood sugar control after meals. It also binds bile acids in the intestine, which lowers the amount of cholesterol that gets into the bloodstream, supporting lower LDL cholesterol. Because of these effects, soluble fiber is described as helping both cholesterol management and glycemic control. You'll find soluble fiber in many plant foods such as oats, barley, beans, fruits, and some vegetables. Insoluble fiber, by contrast, adds bulk to stool and supports bowel regularity, which is why that other statement describes a different fiber type. It's not accurate to say soluble fiber isn't found in plant foods, since it's abundant in items like oats and legumes. And while some energy can come from fermentable fiber through gut bacteria, soluble fiber isn't considered a meaningful energy source in the diet.

8. 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."

9. Which statement best describes hunger and appetite, and how ghrelin and leptin influence them?

- A. Hunger is the physiological need for food; appetite is the psychological desire.**
- B. Ghrelin stimulates appetite; leptin signals hunger.
- C. Leptin stimulates hunger; ghrelin signals satiety.
- D. Both hunger and appetite are unaffected by hormones.

Understanding the difference between hunger and appetite is key here. Hunger is the body's physiological need for energy—signals that the body is low on fuel. Appetite, on the other hand, is the psychological desire to eat—driven by flavors, memories, emotions, and environment. Ghrelin, produced by the stomach, rises before meals to stimulate hunger and increase the urge to eat. Leptin, released by fat tissue, reflects energy stores and promotes fullness, helping to suppress hunger. The best choice states the fundamental definitions correctly: hunger is the physiological need for food, while appetite is the psychological desire to eat. The other statements mix up the roles of ghrelin and leptin, inaccurately claiming that one signals hunger or satiety opposite to what these hormones actually do.

10. Which mineral commonly appears with sodium and chloride as electrolytes?

- A. Calcium
- B. Potassium**
- C. Magnesium
- D. Phosphorus

Electrolytes are charged minerals that dissolve in body fluids and enable electrical activity essential for nerves, muscles, and fluid balance. Sodium and chloride are the primary extracellular electrolytes, forming the fluid environment outside cells. Potassium is the main intracellular cation and is routinely discussed alongside sodium and chloride because together they govern membrane potentials and the transmission of nerve impulses and muscle contractions. This pairing highlights how ions inside and outside cells coordinate to keep fluids balanced and cells function properly. Calcium, magnesium, and phosphorus are important electrolytes too, but they're tied to other roles—calcium with bone and signaling, magnesium as a enzyme cofactor and NMJ support, and phosphorus as phosphate involved in energy and acid-base balance—so they aren't the trio usually emphasized with sodium and chloride.

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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://nutritionsection1.examzify.com>

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

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