

NUTRITION SECTION 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 best illustrates the chronological order of the digestion of fat?**
 - A. Pancreatic lipase, emulsification, micelles, blood, lymph
 - B. Emulsification, pancreatic lipase, micelles, lymph, blood
 - C. Emulsification, micelles, pancreatic lipase, blood, lymph
 - D. Pancreatic lipase, micelles, emulsification, blood, lymph
- 2. Trans fats are associated with which cardiovascular effect and foods containing them?**
 - A. Raise HDL and lower LDL
 - B. Have no effect on cholesterol
 - C. Only affect triglycerides
 - D. Raise LDL and lower HDL
- 3. What effect do foods with a high glycemic index have on the body?**
 - A. Decrease insulin
 - B. No effect on insulin
 - C. Increase insulin
 - D. Stabilize blood glucose
- 4. Which statement about AI (Adequate Intake) is true?**
 - A. It represents the average daily intake to meet needs.
 - B. It is used to plan intakes for athletes.
 - C. It is the maximum daily intake unlikely to cause adverse effects.
 - D. It is used when RDI cannot be determined.
- 5. Which substance has been found to have a great effect on hormones and can affect the functioning of the body?**
 - A. caffeine consumption
 - B. alcohol consumption
 - C. high-protein diet
 - D. high-fat diet

- 6. Which fat type is encouraged for heart health?**
- A. Emphasize saturated fats
 - B. Emphasize trans fats
 - C. Emphasize unsaturated fats
 - D. Avoid all fats
- 7. Nutrient density is usually measured per 100 kilocalories because it describes the nutrient content relative to energy.**
- A. It is assessed relative to energy content and typically expressed per 100 kilocalories.
 - B. It is measured per gram of food.
 - C. It is measured per day intake.
 - D. It is measured by total calories only.
- 8. 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
- 9. Which urinary biomarker provides the best index of day-to-day hydration?**
- A. Urine color
 - B. Urine osmolality
 - C. Urine specific gravity
 - D. Urine pH
- 10. Within a cell membrane, which component attaches directly to the lipid bilayer?**
- A. Phospholipids
 - B. Carbohydrates
 - C. Proteins
 - D. Nucleic acids

Answers

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

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Explanations

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1. Which best illustrates the chronological order of the digestion of fat?

- A. Pancreatic lipase, emulsification, micelles, blood, lymph
- B. Emulsification, pancreatic lipase, micelles, lymph, blood
- C. Emulsification, micelles, pancreatic lipase, blood, lymph
- D. Pancreatic lipase, micelles, emulsification, blood, lymph

Fat digestion follows a clear sequence in the small intestine. First, bile salts emulsify fats into smaller droplets, increasing surface area. Then pancreatic lipase acts on these emulsified fats to release fatty acids and monoglycerides. The products associate with bile salts to form micelles, which deliver them to the intestinal lining for absorption. Inside the enterocytes, they are reassembled into triglycerides and packed into chylomicrons that enter the lymphatic system before reaching the bloodstream. So the best order is emulsification, pancreatic lipase action, micelle formation, lymphatic transport, then blood. This sequence matters because lipase needs emulsified fat to work, micelles form after lipase action, and transport to blood occurs after lymphatic drainage.

2. Trans fats are associated with which cardiovascular effect and foods containing them?

- A. Raise HDL and lower LDL
- B. Have no effect on cholesterol
- C. Only affect triglycerides
- D. Raise LDL and lower HDL

Trans fats disrupt cholesterol in a way that harms heart health: they raise LDL, the "bad" cholesterol, and lower HDL, the "good" cholesterol. This combination worsens the lipid profile and increases the risk of plaque buildup in arteries, which is a key driver of cardiovascular disease. That makes the described effect—raising LDL and lowering HDL—the best match for how trans fats influence heart health. Trans fats are commonly found in foods made with partially hydrogenated oils, such as some commercially baked goods, fried foods, and certain margarine products. Because of their impact on LDL and HDL, avoiding trans fats is strongly recommended for cardiovascular health.

3. What effect do foods with a high glycemic index have on the body?

- A. Decrease insulin
- B. No effect on insulin
- C. Increase insulin
- D. Stabilize blood glucose

Foods with a high glycemic index cause a rapid rise in blood glucose after you eat them. That quick spike signals the pancreas to release more insulin, the hormone that helps glucose move from the bloodstream into cells for energy or storage. So the body responds with an increase in insulin after a high GI meal. This contrast with lower GI foods, which cause slower, smaller glucose and insulin changes. The rapid insulin rise is why high GI foods can lead to sharper fluctuations in blood sugar and insulin levels.

4. Which statement about AI (Adequate Intake) is true?

- A. It represents the average daily intake to meet needs.
- B. It is used to plan intakes for athletes.
- C. It is the maximum daily intake unlikely to cause adverse effects.
- D. It is used when RDI cannot be determined.**

Adequate Intake is a value used when there isn't enough evidence to establish a precise requirement or to set an RDI/RDA. It represents a level of daily intake that appears to sustain health for a group, based on observed intakes or experimental data, and it serves as a guide when the data are insufficient to determine an EAR/RDA. That's why this statement—useful when the usual RDI cannot be determined—is the best fit. The other descriptions fit other reference values: the idea of an average daily intake to meet needs is more aligned with how RDAs are defined, planning for athletes uses general dietary guidelines rather than AI, and the notion of a maximum daily intake corresponds to the Upper Intake Level (UL).

5. Which substance has been found to have a great effect on hormones and can affect the functioning of the body?

- A. caffeine consumption
- B. alcohol consumption**
- C. high-protein diet
- D. high-fat diet

Alcohol consumption can strongly affect the hormonal system and how the body functions. When alcohol is processed, it taxes the liver and changes how hormones are metabolized and cleared, which can shift levels of several hormones. It can raise cortisol, alter sex hormones like estrogen and testosterone, and influence thyroid function and insulin signaling. These hormonal shifts can ripple through many body processes, affecting metabolism, mood, sleep, and reproductive health. Other options may influence metabolism or temporary stress responses, but alcohol has the most widespread and pronounced impact on hormones.

6. Which fat type is encouraged for heart health?

- A. Emphasize saturated fats
- B. Emphasize trans fats
- C. Emphasize unsaturated fats**
- D. Avoid all fats

Fats that are unsaturated support heart health. Monounsaturated and polyunsaturated fats tend to lower LDL cholesterol when they replace saturated or trans fats in the diet, and they can also help raise or maintain HDL cholesterol and reduce triglycerides. This combination helps protect the arteries and improve overall heart function. Good sources include olive oil, canola oil, avocados, nuts, seeds, and fatty fish. In contrast, saturated fats can raise LDL cholesterol, which is linked to higher heart disease risk, and trans fats are even more harmful because they raise LDL while lowering HDL. Avoiding fats entirely isn't necessary or advisable, since fats provide essential fatty acids and help absorb fat-soluble vitamins. The goal is to prioritize unsaturated fats and limit saturated and trans fats.

7. Nutrient density is usually measured per 100 kilocalories because it describes the nutrient content relative to energy.

A. It is assessed relative to energy content and typically expressed per 100 kilocalories.

B. It is measured per gram of food.

C. It is measured per day intake.

D. It is measured by total calories only.

Nutrient density compares how much of a nutrient a food provides relative to the energy it supplies. Measuring it per a set amount of energy, typically per 100 kilocalories, standardizes foods so you can fairly compare how nutrient-rich they are regardless of portion size. This approach highlights foods that deliver more vitamins, minerals, and other beneficial nutrients for the calories they contain, helping guide choices toward nutrient-dense options. Measuring per gram would mix nutrient content with moisture and serving size, per day would reflect total intake rather than density, and using total calories alone ignores the actual nutrient amounts present.

8. 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.

9. Which urinary biomarker provides the best index of day-to-day hydration?

A. Urine color

B. Urine osmolality

C. Urine specific gravity

D. Urine pH

Urine color reflects hydration because the amount of water you drink directly changes how diluted or concentrated your urine is. When you're well hydrated, urine is lighter (pale straw) as the kidneys dilute waste with more water. When you're dehydrated, urine becomes darker as it concentrates the waste products. This simple visual cue provides immediate feedback about day-to-day hydration without needing special equipment, making it the most practical index for everyday monitoring. Urine osmolality and urine specific gravity are more precise measures of urine concentration, but they require tests or devices and can be influenced by recent diet and medications. Urine pH is related to acid-base status and not hydration, so it doesn't indicate hydration level. So, for quick, everyday assessment, urine color is the best fit.

10. Within a cell membrane, which component attaches directly to the lipid bilayer?

A. Phospholipids

B. Carbohydrates

C. Proteins

D. Nucleic acids

The key idea is that the membrane's structure is built by phospholipid molecules forming the lipid bilayer. Phospholipids have a hydrophobic tail region and a hydrophilic head, so they arrange themselves with tails inward and heads outward, creating the continuous bilayer that directly makes up the membrane. Carbohydrates are typically attached to membrane proteins or lipids on the surface as glycoproteins or glycolipids and extend outward from the bilayer, but they don't form the bilayer itself. Nucleic acids aren't membrane components. While proteins can associate with or span the membrane, the direct component that attaches to and constitutes the lipid bilayer is the phospholipid.

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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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