

NYSTCE Family and Consumer Science (072) Practice Exam (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 term is used to describe short two- to three-word sentence style in early speech?**
 - A. Holophrase**
 - B. Telegraphic speech**
 - C. Syncretic speech**
 - D. Child directed speech**

- 2. Providing knowledge and tools to enable people to protect their health is called what?**
 - A. Health promotion**
 - B. Health education**
 - C. Disease prevention**
 - D. Wellness coaching**

- 3. Which principle focuses on nutrient density in planning meals?**
 - A. Nutrient density**
 - B. Calorie counting**
 - C. Fasting**
 - D. Texture balancing**

- 4. Which loom uses punch cards to control weaving patterns?**
 - A. Jacquard loom**
 - B. Flying shuttle**
 - C. Spinning Jenny**
 - D. Power loom**

- 5. Which respiratory development begins by month 6?**
 - A. Lungs start producing surfactant**
 - B. Lungs are fully mature**
 - C. Breathing begins in utero**
 - D. The diaphragm stops moving**

- 6. Which is one of the six accepted diet planning principles?**
- A. Adequacy**
 - B. Carbohydrate cycling**
 - C. Protein overload**
 - D. Fad dieting**
- 7. Which term means to create a decorative pattern in a pie crust?**
- A. Garnish**
 - B. Flute**
 - C. Pare**
 - D. Julienne**
- 8. Why are combination pills unsafe for nursing mothers?**
- A. They are unsafe for nursing mothers because of estrogen**
 - B. They cause weight gain**
 - C. They are not effective**
 - D. They require prescription**
- 9. Between 3 and 6 months, infants develop which grasp often described as the palmar grasp?**
- A. Palmar grasp**
 - B. Fist grip**
 - C. Isolated index finger**
 - D. Grasping**
- 10. Illness caused by ingesting foods containing microbial toxins, where the microbes may not be alive at the time of consumption**
- A. Food poisoning**
 - B. Food intoxication**
 - C. Food infection**
 - D. Foodborne illness**

Answers

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

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Explanations

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1. Which term is used to describe short two- to three-word sentence style in early speech?

- A. Holophrase**
- B. Telegraphic speech**
- C. Syncretic speech**
- D. Child directed speech**

The idea being tested is how young children first form sentences. Telegraphic speech describes the stage where a child uses two to three content words to convey a whole idea, dropping nonessential words like articles and function words. You might hear or see examples such as “Want cookie” or “Mommy go,” which clearly express a message even though they omit parts like “I” or “the.” This reflects the child’s growing ability to combine words into simple, meaningful phrases while still developing grammar. Holophrase would be when a single word stands for a whole sentence, like “Milk!” meaning “I want milk.” Syncretic speech isn’t a standard term for this stage, and child-directed speech refers to how adults talk to children, not the child’s own speech pattern. So the two- to three-word, content-word-only pattern is telegraphic speech.

2. Providing knowledge and tools to enable people to protect their health is called what?

- A. Health promotion**
- B. Health education**
- C. Disease prevention**
- D. Wellness coaching**

Providing knowledge and tools to enable people to protect their health is health education. It focuses on teaching individuals and communities about health risks and how to prevent illness, and it equips them with practical skills they can use in daily life, such as interpreting nutrition labels, practicing proper hygiene, and making healthier routine choices. While health promotion includes broader efforts like creating supportive environments and policies, and disease prevention concentrates on stopping specific illnesses, health education specifically centers on delivering the information and skills people need to protect their health.

3. Which principle focuses on nutrient density in planning meals?

- A. Nutrient density**
- B. Calorie counting**
- C. Fasting**
- D. Texture balancing**

Focusing on nutrient density means choosing foods that deliver the most vitamins, minerals, and other beneficial nutrients for the fewest calories. In meal planning, the goal is to maximize nutrients per calorie, so meals are rich in essential nutrients without excess energy. Think of filling plates with color and variety: leafy greens, bright vegetables, fruits, lean proteins, beans or legumes, whole grains, low-fat dairy, and healthy fats. These choices provide a broad range of nutrients—iron, calcium, fiber, vitamin C, potassium—without relying on foods that are high in calories but low in nourishment. This approach helps meet daily nutritional needs and supports overall health, energy, and well-being. It's different from calorie counting, which focuses only on total calories without considering how nutrient-rich the foods are. It's also unrelated to fasting, which is about when you eat rather than the nutrient quality of what you eat, and texture balancing, which centers on how foods feel rather than their nutrient content.

4. Which loom uses punch cards to control weaving patterns?

- A. Jacquard loom**
- B. Flying shuttle**
- C. Spinning Jenny**
- D. Power loom**

Punch-card driven pattern control in weaving is illustrated by the Jacquard loom. In this loom, a set of punched cards encodes which warp threads are raised or held, allowing the loom to reproduce intricate patterns automatically. As cards pass through the mechanism, they guide the lifting of yarns row by row, so a sequence of cards creates a full design without manual manipulation of the warp. This innovation made possible complex textiles and influenced later ideas about programmable machines. The other looms don't use punched cards to manage weave patterns: the flying shuttle speeds up weaving by transferring the weft across the loom but doesn't provide a pattern-control system via cards; the Spinning Jenny is used for spinning fiber into yarn rather than weaving; the power loom increases mechanical weaving efficiency but pattern control isn't achieved with punched cards.

5. Which respiratory development begins by month 6?

A. Lungs start producing surfactant

B. Lungs are fully mature

C. Breathing begins in utero

D. The diaphragm stops moving

The main idea here is timing of fetal lung development, specifically when surfactant starts to appear. By about month six of gestation, the lungs begin producing surfactant, a fatty substance that coats the alveoli and lowers surface tension. This makes air sacs easier to keep open after birth and is crucial for successful breathing once the baby is born. Surfactant production is a milestone that helps the lungs start to function at birth, even though full maturity continues later in pregnancy and after birth. Breathing in the womb isn't true air breathing—fetal movements can resemble breathing, but gas exchange isn't happening until after birth. Lungs aren't fully mature by month six; they continue developing and become capable of more extensive function later. The diaphragm keeps moving; it doesn't stop, so that option doesn't fit either.

6. Which is one of the six accepted diet planning principles?

A. Adequacy

B. Carbohydrate cycling

C. Protein overload

D. Fad dieting

Adequacy means ensuring a diet provides enough of all essential nutrients and energy for the body's needs. This principle drives meal planning so you include a variety of foods that supply sufficient vitamins, minerals, protein, fiber, and calories to support growth, repair, and daily function. By focusing on adequacy, meals and snacks are designed to prevent deficiencies and support overall health, rather than just cutting calories or chasing trends. Carbohydrate cycling is a dietary strategy some people use to time carb intake, not a general principle of diet planning. Protein overload isn't a standard principle and can be unnecessary or harmful if it displaces other nutrients. Fad dieting refers to trendy plans that often lack long-term sustainability and fail to ensure nutrient adequacy.

7. Which term means to create a decorative pattern in a pie crust?

A. Garnish

B. Flute

C. Pare

D. Julienne

Fluting is the technique used to create a decorative pattern along the edge of a pie crust. By pinching and shaping the dough with your fingers, you form ridges or scallops that give the crust a finished, attractive edge. It also helps seal the crust to hold in the filling. Garnish is something added to the dish for appearance, not the crust itself; pare means to trim away outer layers, and julienne is a way of cutting food into thin matchsticks. So the decorative pattern on a pie crust is achieved by fluting.

8. Why are combination pills unsafe for nursing mothers?

- A. They are unsafe for nursing mothers because of estrogen**
- B. They cause weight gain**
- C. They are not effective**
- D. They require prescription**

Estrogen in combination pills can interfere with breastfeeding. When a mother is nursing, estrogen-containing contraceptives can reduce milk production in some women and the small amount that passes into breast milk may affect the infant. Because of this, doctors often avoid estrogen-containing pills for nursing mothers and prefer progestin-only methods or nonhormonal options, which have less impact on milk supply. The other choices aren't the main safety concern in this context—weight gain, overall effectiveness, or the need for a prescription are not the primary reasons these pills are avoided during breastfeeding.

9. Between 3 and 6 months, infants develop which grasp often described as the palmar grasp?

- A. Palmar grasp**
- B. Fist grip**
- C. Isolated index finger**
- D. Grasping**

Infant motor development moves from reflexive actions to voluntary control. Between three and six months, babies gain a voluntary palm-based grasp, described as the palmar grasp: the object sits in the center of the palm and the fingers curl around it, with the hand forming a secure grip using the whole hand rather than just the fingertips. This stage marks the shift from the birth reflex to intentional object handling and sets the stage for more refined grips later. The other terms don't fit this specific pattern: a fist grip isn't the standard term for this developmental stage, an isolated index finger describes a later precision grip, and grasping alone is too broad to specify the palm-centered pattern. As development continues, the more precise pincer grasp using thumb and index finger appears later, around 9 to 12 months.

10. Illness caused by ingesting foods containing microbial toxins, where the microbes may not be alive at the time of consumption

- A. Food poisoning**
- B. Food intoxication**
- C. Food infection**
- D. Foodborne illness**

When illness comes from toxins that were already present in food, and the microbes may no longer be alive when you eat, the situation is described as food intoxication. The harmful effect comes from the toxin itself, not from a live organism growing in your body after ingestion. Toxins can form in foods if they're left at the wrong temperatures or spoiled, so symptoms often appear quickly after eating. Think of preformed toxins produced by bacteria like *Staphylococcus aureus* in improperly stored foods or *Bacillus cereus* in reheated rice. This differs from food infection, where illness results from live pathogens that multiply inside the body after you've eaten, and from the broader term foodborne illness, which covers both infections and intoxications.

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://nystce072.examzify.com>

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

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