

NYSTCE FAMILY AND CONSUMER SCIENCE (072) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Older adults may require greater supplementation of which nutrient due to reduced absorption?**
 - A. Vitamin D
 - B. Vitamin C
 - C. Vitamin B12
 - D. Iron
- 2. By about 12 months, what skill is typically expected?**
 - A. Crawl on his own.
 - B. Walk independently.
 - C. Speak in full sentences.
 - D. Read a short paragraph.
- 3. During adolescence, what is the recommended daily oil intake in teaspoons?**
 - A. 5-6 tsp
 - B. 3-4 tsp
 - C. 4-5 tsp
 - D. 6-7 tsp
- 4. Which policy describes a system that doesn't restrict imports or exports?**
 - A. Tariffs and quotas
 - B. Protectionism
 - C. Embargo
 - D. Free trade
- 5. What is the term for adjusting and revising a pattern drawing used to cut fabric?**
 - A. Pattern matching
 - B. Pattern alteration
 - C. Pattern drafting
 - D. Pattern grading

- 6. The market where households supply labor and other factors to firms is called the**
- A. Factor market
 - B. Labor market
 - C. Financial market
 - D. Product market
- 7. What is the biggest risk associated with monopolies?**
- A. Increased innovation
 - B. Lower prices due to competition
 - C. Higher prices and reduced consumer choice
 - D. More consumer surplus
- 8. What does a low vacancy rate typically indicate in the housing market?**
- A. Not enough supply to meet demand
 - B. High supply and low demand
 - C. Prices are decreasing
 - D. Vacancy is irrelevant
- 9. Which term describes stealing personal information such as name, banking information, and social security number to impersonate someone?**
- A. Credit card fraud
 - B. Identity theft
 - C. Phishing
 - D. Skimming
- 10. Which condition is most directly linked to calcium deficiency?**
- A. Scurvy
 - B. Rickets
 - C. Anemia
 - D. Osteoporosis

Answers

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

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Explanations

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1. Older adults may require greater supplementation of which nutrient due to reduced absorption?

- A. Vitamin D
- B. Vitamin C
- C. Vitamin B12**
- D. Iron

As people age, changes in the digestive system can reduce how well some nutrients are absorbed. Vitamin B12 depends on intrinsic factor, a protein made in the stomach, to be absorbed in the small intestine. Aging often brings lower stomach acid and less intrinsic factor, so B12 absorption drops, increasing the risk of deficiency. Deficiency can lead to fatigue, anemia, and nerve or cognitive problems, so older adults are more likely to need B12 supplementation, sometimes through injections or high-dose oral forms.

2. By about 12 months, what skill is typically expected?

- A. Crawl on his own.**
- B. Walk independently.
- C. Speak in full sentences.
- D. Read a short paragraph.

A key idea here is the typical trajectory of gross motor development in the first year. By around 12 months, many infants are starting to move around more independently, and crawling on their own is a common milestone at this age. Walking independently usually appears a bit later, often between 12 and 15 months, as balance and leg strength continue to develop. Language and literacy milestones come later in infancy and early childhood—speaking in full sentences and reading a paragraph aren't expected until much later. So crawling on his own fits the 12 month timeframe best.

3. During adolescence, what is the recommended daily oil intake in teaspoons?

- A. 5-6 tsp**
- B. 3-4 tsp
- C. 4-5 tsp
- D. 6-7 tsp

The main idea here is how much fat in the form of oil teens should include daily. Oils are a dense energy source and provide essential fatty acids, so knowing a specific teaspoon amount helps teens meet their energy and nutrient needs without overdoing calories. For adolescence, about 5 to 6 teaspoons of oil per day is recommended. This range supports growth and daily energy needs while keeping fat intake in balance with other nutrients. Using a variety of healthy oils (like olive or canola) and spreading them across meals helps reach this amount naturally. The other ranges are either a bit too low to meet typical teen requirements or slightly higher than what many guidelines suggest for daily intake.

4. Which policy describes a system that doesn't restrict imports or exports?

- A. Tariffs and quotas
- B. Protectionism
- C. Embargo
- D. Free trade**

The main idea here is how governments regulate international commerce. Free trade is the system that describes a market with little to no government barriers on moving goods and services across borders. It allows imports and exports to flow openly, letting prices and production be driven by competition and comparative advantage. Why this fits: there are no or minimal restrictions like taxes (tariffs) or limits on quantity (quotas), no broad policy to shield domestic industries (protectionism), and no complete ban on trade with a country (embargo). The other options all involve some form of restriction or barrier, whereas free trade removes those barriers, promoting open exchange.

5. What is the term for adjusting and revising a pattern drawing used to cut fabric?

- A. Pattern matching
- B. Pattern alteration**
- C. Pattern drafting
- D. Pattern grading

Adjusting and revising a pattern drawing used to cut fabric is called pattern alteration. This involves making changes to the pattern pieces to improve fit or to reflect different measurements, such as tweaking bust darts, waist shaping, sleeve length, or overall length after testing a muslin or fitting sample. The idea is to modify the existing pattern rather than starting from scratch. Pattern drafting would be creating a brand-new pattern from measurements. Pattern grading is resizing a pattern to create multiple sizes. Pattern matching refers to aligning fabric prints or designs so they line up at seams.

6. The market where households supply labor and other factors to firms is called the

- A. Factor market**
- B. Labor market
- C. Financial market
- D. Product market

In this context, the broad market where households supply the inputs used to produce goods and services is the factor market. Households provide factors of production—most notably labor, but also capital, land, and entrepreneurship—and firms demand these inputs to run and expand their operations. Wages, rents, interest, and profits are the payments that flow to households in return for supplying these resources. This is broader than a labor market, which focuses specifically on labor; it's also distinct from product markets (where goods and services are bought and sold) and financial markets (which handle financial assets).

7. What is the biggest risk associated with monopolies?

- A. Increased innovation
- B. Lower prices due to competition
- C. Higher prices and reduced consumer choice**
- D. More consumer surplus

Monopoly gives one firm all the market power, so there's little competitive pressure to keep prices low or to offer a wide range of options. The biggest risk is higher prices and reduced consumer choice because the monopolist can set prices above what a competitive market would support and limit the number of alternatives available. This reduces overall welfare: consumer surplus shrinks as people either pay more or forgo the product, and there can be deadweight loss from fewer transactions. While some argue that large firms might achieve efficiency or spur innovation, the prominent risk highlighted here is higher prices and fewer choices for consumers. The other outcomes—lower prices from competition, more consumer surplus, or guaranteed innovation—don't align with how a monopolized market tends to operate.

8. What does a low vacancy rate typically indicate in the housing market?

- A. Not enough supply to meet demand**
- B. High supply and low demand
- C. Prices are decreasing
- D. Vacancy is irrelevant

Low vacancy rates indicate a tight housing market where supply lags behind demand. When most units are occupied and only a small number are vacant, there aren't enough available homes to meet the number of people seeking housing. This scarcity tends to push up rents and make finding a place more competitive. So the best interpretation is that there isn't enough supply to meet demand. The other ideas don't fit as well: high supply and low demand would create more vacant units, not fewer; prices don't have to be decreasing in a tight market—in fact, they often rise when vacancy is low; and vacancy rate is a meaningful, useful indicator of market balance, not irrelevant.

9. Which term describes stealing personal information such as name, banking information, and social security number to impersonate someone?

- A. Credit card fraud
- B. Identity theft**
- C. Phishing
- D. Skimming

Identity theft is the act of taking someone's personal information—like their name, banking details, or Social Security number—and using it to pretend to be that person. The goal is to access money, open accounts, or receive services under someone else's identity, which is precisely what the description describes. This term covers the overall wrongdoing of impersonating someone by using stolen identifiers. The other terms refer to specific methods or outcomes but don't name the act of assuming another person's identity: credit card fraud involves using stolen card data to make purchases; phishing is a trick to coax people into revealing information; skimming is secretly copying card data from a payment card's magnetic stripe. Identity theft best fits the scenario because it centers on stealing identifying information to impersonate someone.

10. Which condition is most directly linked to calcium deficiency?

- A. Scurvy
- B. Rickets
- C. Anemia
- D. Osteoporosis**

Calcium is a primary mineral for bone health, forming and maintaining bone tissue. The bones act as the body's calcium reservoir, and keeping enough calcium available in the bones helps preserve bone density. When calcium intake is consistently low, the body borrows calcium from bones to maintain blood calcium levels, gradually reducing bone mass and strength. This loss of bone density is what leads to osteoporosis, a condition characterized by fragile bones and a higher risk of fractures, especially with aging or hormonal changes. Scurvy results from vitamin C deficiency and affects collagen and connective tissues, not directly calcium in bones. Rickets stems from vitamin D deficiency, which impairs calcium absorption and bone mineralization in children, but it's driven by vitamin D status rather than a pure calcium deficiency. Anemia involves red blood cells or hemoglobin and isn't tied to calcium in the same direct way. So, the condition most directly linked to calcium deficiency is osteoporosis.

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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