

PORTAGE LEARNING NUTRITION PRACTICE EXAM (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 of the following is a good source of dietary fiber?**
 - A. White rice
 - B. Whole grains
 - C. Red meat
 - D. Soft drinks
- 2. What is the main function of carbohydrates during intense exercise?**
 - A. Repairing muscles
 - B. Providing energy
 - C. Storing fat
 - D. Regulating metabolism
- 3. What food group contains the most carbohydrates?**
 - A. Vegetables
 - B. Fruits
 - C. Grains
 - D. Dairy
- 4. Which vitamin is crucial for vision?**
 - A. Vitamin B12
 - B. Vitamin A
 - C. Vitamin D
 - D. Vitamin C
- 5. What does RDA stand for in nutrition?**
 - A. Recommended Dietary Assessment
 - B. Required Dietary Allowance
 - C. Recommended Dietary Allowance
 - D. Revised Dietary Advice
- 6. What is a primary cause of glossitis?**
 - A. Iron deficiency
 - B. Riboflavin deficiency
 - C. Vitamin B-12 deficiency
 - D. Folate deficiency

- 7. What nutrient is typically low in adolescents' diets, potentially affecting their health?**
- A. Vitamin C
 - B. Calcium
 - C. Zinc
 - D. Iron
- 8. What are the three states of nutritional health?**
- A. Desirable nutrition, Obesity, Energy deficiency
 - B. Desirable nutrition, Undernutrition, Overnutrition
 - C. Healthy, Malnutrition, Nutritional excess
 - D. Balanced nutrition, Overweight, Undernutrition
- 9. Why are whole grains recommended over refined grains?**
- A. They are cheaper and easier to store
 - B. They are higher in fiber and nutrients
 - C. They have a longer shelf life
 - D. They are lower in calories
- 10. A state of energy balance necessary for weight maintenance is characterized by:**
- A. Excess energy intake
 - B. Equal energy intake and expenditure
 - C. Increased energy expenditure
 - D. Reduced energy intake

Answers

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

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Explanations

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1. Which of the following is a good source of dietary fiber?

- A. White rice
- B. Whole grains**
- C. Red meat
- D. Soft drinks

Whole grains are recognized as a good source of dietary fiber because they contain the entire grain kernel, including the bran, germ, and endosperm. This intact structure of whole grains means they are rich in fiber, which aids in digestion, helps regulate blood sugar levels, and contributes to a feeling of fullness, which can be beneficial for weight management. Foods such as oats, brown rice, quinoa, and whole wheat products are excellent examples of whole grains that provide substantial amounts of dietary fiber. In contrast, white rice and soft drinks do not offer significant fiber content. White rice has been processed to remove the bran and germ, which diminishes its fiber level. Similarly, soft drinks contain sugar and other additives without any fiber. Red meat, while a source of protein and other nutrients, contains no dietary fiber either, as animal products do not provide fiber. This makes whole grains the clear choice for a fiber-rich diet.

2. What is the main function of carbohydrates during intense exercise?

- A. Repairing muscles
- B. Providing energy**
- C. Storing fat
- D. Regulating metabolism

The primary role of carbohydrates during intense exercise is to provide energy. When engaging in activities that require high levels of exertion, the body relies on carbohydrates to fuel muscular work. This is primarily because carbohydrates are broken down into glucose, which serves as a quick and accessible source of energy for the muscles. The body can rapidly metabolize glucose through anaerobic (without oxygen) pathways during high-intensity activities, allowing for sustained physical performance. During moderate to high-intensity exercise, carbohydrates can be more efficiently utilized for energy than fats, making them crucial for athletes or individuals undergoing strenuous workouts. This reliance on carbohydrates is especially evident as glycogen stores in the muscles and liver get depleted during prolonged or intense exercise sessions. The other options indicate functions that are not primarily associated with carbohydrates during intense physical activity. Repairing muscles is typically a function of protein, storing fat relates to lipid metabolism rather than carbohydrate use, and regulating metabolism involves various processes that can include hormones and enzymes but is not the direct role of carbohydrates during exercise.

3. What food group contains the most carbohydrates?

- A. Vegetables
- B. Fruits
- C. Grains**
- D. Dairy

Grains are the food group that contains the most carbohydrates. This is primarily because grains, such as wheat, rice, oats, and corn, consist largely of starches, which are complex carbohydrates. These starches provide a significant source of energy when consumed. Additionally, many grain products, like bread, pasta, and cereals, are specifically designed to be high in carbohydrates, making this group especially rich in this macronutrient. In contrast, while fruits and vegetables do provide carbohydrates, they are often in the form of sugars and fiber, and they usually contain lower levels of total carbohydrates compared to grains. Dairy products also contain some carbohydrates primarily in the form of lactose, but they do not match the carbohydrate content found in grains. Therefore, grains are indeed the predominant source of carbohydrates among these food groups, which is why this choice is the most accurate.

4. Which vitamin is crucial for vision?

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

Vitamin A is essential for vision due to its role in the formation of rhodopsin, a protein in the retinal cells of the eye that is vital for low-light and color vision. It helps maintain the health of the cornea and aids in the overall function of the retina. Deficiency in vitamin A can lead to night blindness and other visual impairments, emphasizing its crucial role in maintaining vision. While other vitamins have important health benefits, they do not have the same specific connection to vision as vitamin A. For instance, vitamin B12 is essential for nerve function and blood cell formation, vitamin D plays a significant role in bone health and immune function, and vitamin C is vital for skin health and antioxidant protection. However, none of these vitamins directly contribute to the physiological processes involved in sight the way vitamin A does.

5. What does RDA stand for in nutrition?

- A. Recommended Dietary Assessment
- B. Required Dietary Allowance
- C. Recommended Dietary Allowance**
- D. Revised Dietary Advice

RDA stands for Recommended Dietary Allowance. This term refers to the daily intake levels of essential nutrients that are considered sufficient to meet the requirements of nearly all (97-98%) healthy individuals in a particular life stage and gender group. The RDA is a value used by nutritionists and health professionals to guide dietary choices and ensure that individuals consume adequate nutrition to maintain health, prevent deficiencies, and support overall well-being. The use of RDAs helps in formulating dietary guidelines and planning nutritional programs, as it provides a benchmark for nutrient consumption. Understanding RDAs is critical for those who are involved in nutritional planning, public health, and education about healthy eating, as they form the basis for many dietary recommendations and nutritional labeling. In contrast, the other options either do not accurately reflect established terminology in nutrition or include words that do not convey the same intention as the correct answer. For example, "Required Dietary Allowance" and "Revised Dietary Advice" do not align with the standardized terminology used in nutritional sciences. Meanwhile, "Recommended Dietary Assessment" may imply evaluation rather than the established daily intake recommendations. Thus, the emphasis on "Allowance" in the correct answer highlights the significance of recommended daily nutrient levels in dietary planning and health optimization.

6. What is a primary cause of glossitis?

- A. Iron deficiency
- B. Riboflavin deficiency**
- C. Vitamin B-12 deficiency
- D. Folate deficiency

Glossitis, which is inflammation of the tongue, can be caused by various nutritional deficiencies, and among those, riboflavin deficiency is a well-known primary cause. Riboflavin, or vitamin B2, plays a crucial role in maintaining healthy mucous membranes and skin, including the tongue. A lack of riboflavin can lead to sore, swollen, and reddened areas of the tongue, resulting in the characteristic appearance of glossitis. While iron, vitamin B-12, and folate deficiencies can also lead to glossitis, they are more commonly associated with specific types of anemia or other systemic symptoms. Iron deficiency might lead to a smooth and swollen tongue but is often accompanied by other signs of anemia. Vitamin B-12 deficiency is typically related to neurological changes and anemia as well. Folate deficiency shares similar characteristics with vitamin B-12 regarding anemia. Therefore, riboflavin deficiency directly causes glossitis due to its fundamental role in mitochondrial oxidation and maintenance of mucosal integrity.

7. What nutrient is typically low in adolescents' diets, potentially affecting their health?

- A. Vitamin C
- B. Calcium
- C. Zinc**
- D. Iron

The answer identifies calcium as a nutrient that is typically low in adolescents' diets, which can have significant health implications. Adolescence is a critical period for bone health, as the majority of bone mass is built during this time. Adequate calcium intake is crucial to support this growth and development. Insufficient calcium can lead to decreased bone density and increased risk of fractures and osteoporosis later in life. Calcium deficiency during adolescence may arise from dietary preferences, such as reduced consumption of dairy products or other calcium-rich foods, as well as increased dietary restrictions or emphasized calorie content over nutrient density. Therefore, focusing on improving calcium intake through accessible food sources, such as fortified foods, leafy greens, and dairy alternatives, is essential for promoting optimal health in adolescents.

8. What are the three states of nutritional health?

- A. Desirable nutrition, Obesity, Energy deficiency
- B. Desirable nutrition, Undernutrition, Overnutrition**
- C. Healthy, Malnutrition, Nutritional excess
- D. Balanced nutrition, Overweight, Undernutrition

The three states of nutritional health are best represented by the concepts of desirable nutrition, undernutrition, and overnutrition. This classification reflects the spectrum of nutritional health and the effects of dietary intake on overall well-being. Desirable nutrition refers to an adequate intake of nutrients that meets an individual's needs for maintaining health and preventing disease. It signifies a balanced intake of macronutrients and micronutrients, contributing positively to metabolic functions and overall health. Undernutrition encompasses deficiencies where individuals do not consume enough nutrients to maintain optimal health, leading to potential health issues such as impaired growth, weakened immune function, and increased susceptibility to diseases. Overnutrition, on the other hand, refers to excessive intake of nutrients, often leading to health problems such as obesity, type 2 diabetes, and cardiovascular disease. This state is characterized by an intake that surpasses the body's energy needs and can result from a diet high in calories and low in nutrient density. Collectively, these three categories provide a comprehensive understanding of nutritional health, allowing healthcare providers and individuals to assess and improve dietary practices effectively.

9. Why are whole grains recommended over refined grains?

- A. They are cheaper and easier to store
- B. They are higher in fiber and nutrients**
- C. They have a longer shelf life
- D. They are lower in calories

Whole grains are recommended over refined grains primarily because they are higher in fiber and nutrients. Whole grains retain the bran and germ, which are the parts of the grain that contain important nutrients such as vitamins, minerals, antioxidants, and dietary fiber. This higher fiber content provides numerous health benefits, including improved digestion, better regulation of blood sugar levels, and enhanced satiety, which can aid in weight management. Additionally, the nutrients found in whole grains, such as B vitamins (which are crucial for energy metabolism), magnesium, and iron, contribute to overall health. In contrast, refined grains have been processed to remove the bran and germ, leading to a loss of fiber and many essential nutrients. As a result, whole grains are viewed as a more nutritious option that supports better health outcomes compared to their refined counterparts.

10. A state of energy balance necessary for weight maintenance is characterized by:

- A. Excess energy intake
- B. Equal energy intake and expenditure**
- C. Increased energy expenditure
- D. Reduced energy intake

A state of energy balance required for maintaining weight occurs when the number of calories consumed through food and drink matches the number of calories expended through bodily functions and physical activity. This balance means that the body neither gains nor loses weight, which is essential for weight maintenance. When energy intake and expenditure are equal, the body can sustain its current weight. If a person consistently consumes more energy than they expend, they will enter a state of positive energy balance, leading to weight gain. Conversely, consuming less energy than is expended results in a negative energy balance, causing weight loss. Therefore, the ideal situation for maintaining weight is when these two factors are balanced, which aligns with the correct answer.

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:

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

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