

RRC DA Nutrition Practice Test (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 type of dietary fibre is more effective at preventing constipation?**
 - A. Soluble fibre**
 - B. Insoluble fibre**
 - C. Simple sugars**
 - D. Sugar alcohols**
- 2. In the context of fats in the body, what does a higher level of HDL indicate?**
 - A. Higher cholesterol levels**
 - B. Lower cholesterol levels**
 - C. Increased risk of heart disease**
 - D. Increased fat storage**
- 3. Which vitamin is NOT transported by fats?**
 - A. A**
 - B. C**
 - C. D**
 - D. K**
- 4. Which nutrient is essential for hormone production?**
 - A. Carbohydrates**
 - B. Proteins**
 - C. Fats**
 - D. Water**
- 5. What is the primary benefit of consuming cheese after meals regarding dental health?**
 - A. It freshens breath**
 - B. It enhances taste**
 - C. It helps fight cavities**
 - D. It satisfies hunger**

6. Which of the following disorders is NOT commonly associated with excess fat in the body?

- A. Diabetes**
- B. Obesity**
- C. Cancer**
- D. Asthma**

7. What is a common source of polyunsaturated fats?

- A. Butter**
- B. Soybean oil**
- C. Meat**
- D. Cream**

8. What are the two primary categories of fat found in the body?

- A. VLDL, HDL**
- B. HDL, LDL**
- C. Saturated, Unsaturated**
- D. Omega-6, Omega-3**

9. What characteristic defines sticky foods in dental health?

- A. High in protein**
- B. Easily washed away**
- C. Prone to adhere to teeth**
- D. Always nutritious**

10. Which nutrient is specifically important for healing after oral surgery?

- A. Vitamin C**
- B. Calories**
- C. Iron**
- D. Fiber**

Answers

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

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Explanations

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1. Which type of dietary fibre is more effective at preventing constipation?

- A. Soluble fibre**
- B. Insoluble fibre**
- C. Simple sugars**
- D. Sugar alcohols**

Insoluble fibre is particularly effective at preventing constipation due to its unique characteristics. This type of fibre does not dissolve in water, which means it adds bulk to the stool and promotes movement through the digestive tract. As it passes through the intestines, it helps to keep things moving and can assist in preventing the stools from becoming hard and difficult to pass. This bulk-forming action is essential for maintaining regular bowel movements and is especially beneficial for individuals who may struggle with constipation. Foods rich in insoluble fibre, such as whole grains, nuts, seeds, and many vegetables, contribute significantly to digestive health by enhancing stool frequency and ease of passage. In contrast, while soluble fibre can also play a role in digestive health by forming gels in the gut and potentially aiding in softening stool, its primary function is more connected to regulating blood sugar levels and lowering cholesterol, rather than directly preventing constipation. Hence, for the specific goal of preventing constipation, the effectiveness of insoluble fibre is clearer and more impactful.

2. In the context of fats in the body, what does a higher level of HDL indicate?

- A. Higher cholesterol levels**
- B. Lower cholesterol levels**
- C. Increased risk of heart disease**
- D. Increased fat storage**

A higher level of HDL, or high-density lipoprotein, is associated with lower cholesterol levels in the body. HDL is often referred to as "good" cholesterol because it plays a crucial role in transporting cholesterol away from the arteries and back to the liver, where it can be processed and removed from the body. Elevated levels of HDL are often linked to a reduced risk of cardiovascular disease, as it helps to clear excess cholesterol and prevents the buildup of plaques in the arteries. Thus, individuals with higher HDL levels typically experience protective effects against heart disease and other related issues, making it a positive indicator of cardiovascular health. In contrast, other options such as higher cholesterol levels, increased risk of heart disease, or increased fat storage do not accurately reflect the role of HDL in the body.

3. Which vitamin is NOT transported by fats?

- A. A
- B. C**
- C. D
- D. K

Vitamin C is a water-soluble vitamin, which means it dissolves in water and is not transported by fats. Unlike fat-soluble vitamins such as A, D, and K, which are absorbed along with dietary fats and require fats for proper transportation and absorption in the body, vitamin C does not depend on fats for its transport. It travels freely in the bloodstream and is readily available to the cells without the need for fat molecules for guidance. This fundamental difference between water-soluble and fat-soluble vitamins is essential for understanding how various vitamins function within the body and how they are absorbed and utilized.

4. Which nutrient is essential for hormone production?

- A. Carbohydrates
- B. Proteins
- C. Fats**
- D. Water

Fats are essential for hormone production because they serve as the building blocks for several key hormones in the body, including steroid hormones such as estrogen, testosterone, and cortisol. These hormones are synthesized from cholesterol, which is a type of fat. Without adequate fat intake, hormone synthesis can be compromised, leading to hormonal imbalances that can affect various physiological functions. Additionally, fats play a vital role in the absorption of fat-soluble vitamins (A, D, E, and K), which are also important for hormonal health. The presence of healthy fats in the diet supports overall hormonal function by ensuring that these vitamins are properly utilized in the body. While proteins are important for hormone production—especially for peptide hormones such as insulin and growth hormone—fats have a more direct role in the synthesis of steroid hormones. Carbohydrates and water, while essential for various bodily functions, do not directly contribute to hormone synthesis in the same way that fats do.

5. What is the primary benefit of consuming cheese after meals regarding dental health?

- A. It freshens breath**
- B. It enhances taste**
- C. It helps fight cavities**
- D. It satisfies hunger**

Consuming cheese after meals is particularly beneficial for dental health primarily because it helps fight cavities. Cheese has high levels of calcium and phosphate, which are essential minerals that contribute to the remineralization of tooth enamel. When teeth are exposed to acids from foods or bacteria, the enamel can begin to demineralize, leading to cavities. The calcium and phosphate in cheese can help neutralize these acids and promote repair of the enamel, effectively reducing the risk of cavities. Additionally, cheese stimulates saliva production, which further aids in neutralizing acids in the mouth and washing away food particles. This combined action of providing key minerals and enhancing saliva flow is significant in maintaining oral health and fighting cavities. Other benefits, such as freshening breath or enhancing taste, while advantageous, do not directly address the fundamental issue of cavity prevention as the primary benefit does. Likewise, satisfaction of hunger is important, but it does not contribute specifically to dental health in the way that cavity prevention does.

6. Which of the following disorders is NOT commonly associated with excess fat in the body?

- A. Diabetes**
- B. Obesity**
- C. Cancer**
- D. Asthma**

Excess fat in the body is linked to a number of health disorders, including diabetes, obesity, and various forms of cancer. Each of these conditions has established relationships with obesity and the metabolic consequences of elevated body fat, such as insulin resistance, chronic inflammation, and hormonal imbalances. Obesity is a direct condition resulting from excessive fat accumulation and is characterized by a BMI (Body Mass Index) of 30 or more. Diabetes, particularly type 2 diabetes, is closely related to obesity, as increased fat can lead to insulin resistance, a key factor in the development of this metabolic disorder. Certain types of cancer, including breast, colorectal, and endometrial cancer, have also been linked to obesity, with excess adipose tissue thought to influence cancer risk through hormonal and inflammatory pathways. Asthma, while influenced by a variety of factors including environmental triggers and genetics, has a weaker association with fat accumulation compared to the conditions mentioned. Although obesity can exacerbate asthma symptoms and may influence its severity, it is not a direct cause of asthma. Thus, among the listed disorders, asthma is not commonly recognized as being closely associated with excess body fat, making it the correct response in this context.

7. What is a common source of polyunsaturated fats?

- A. Butter
- B. Soybean oil**
- C. Meat
- D. Cream

Polyunsaturated fats are a type of fat found in various foods and play a crucial role in health by supporting heart function and reducing inflammation. Soybean oil is one of the most common sources of polyunsaturated fats, particularly omega-6 fatty acids. It is widely used in cooking and food production due to its high smoke point and neutral flavor. In addition to soybean oil, other oils like sunflower, corn, and flaxseed oil also contain high levels of polyunsaturated fats. These fats are liquid at room temperature and are recognized for their potential health benefits when consumed in moderation. The other options listed include sources of fats that are predominantly saturated or monounsaturated. Butter is primarily composed of saturated fats, which can raise LDL cholesterol levels when consumed in excess. Meat can contain varying amounts of saturated and monounsaturated fats, depending on the cut and preparation method. Cream also generally contains a high proportion of saturated fat. Therefore, soybean oil stands out as the primary and most significant source of polyunsaturated fats among the options presented.

8. What are the two primary categories of fat found in the body?

- A. VLDL, HDL
- B. HDL, LDL**
- C. Saturated, Unsaturated
- D. Omega-6, Omega-3

The correct answer focuses on the two primary categories of fat found in the body, which are categorized by their density and function within the lipid profile. HDL (High-Density Lipoprotein) and LDL (Low-Density Lipoprotein) are crucial for transporting cholesterol and triglycerides in the bloodstream. HDL is often referred to as "good" cholesterol because it helps remove cholesterol from the arteries and transports it to the liver for excretion or reuse. Conversely, LDL is known as "bad" cholesterol as high levels can lead to cholesterol buildup in the arteries, increasing the risk of cardiovascular diseases. The other choices, while they cover important aspects of fats, do not represent the primary categories of fat found in the body related to cholesterol transport. VLDL (Very-Low-Density Lipoprotein) is another type of lipoprotein but is not one of the two primary categories; saturated and unsaturated refer to the types of fatty acid chains and their structural characteristics but do not directly correspond to how fats are categorized in relation to cholesterol transport. Omega-6 and Omega-3 are types of essential fatty acids important for health but do not represent the primary categories concerning body fat classification in terms of lipoproteins.

9. What characteristic defines sticky foods in dental health?

- A. High in protein**
- B. Easily washed away**
- C. Prone to adhere to teeth**
- D. Always nutritious**

Sticky foods are characterized by their ability to adhere to teeth, which can significantly impact dental health. The nature of these foods allows them to cling to the surfaces of teeth for longer periods, increasing the likelihood that they will contribute to plaque formation and tooth decay. When these foods remain in contact with the teeth, they provide a continuous source of sugar for the bacteria in the mouth, leading to acid production that can erode tooth enamel. In contrast, foods that are high in protein, easily washed away, or always nutritious do not inherently possess the same risk factors associated with dental health as sticky foods do. High-protein foods may have different health benefits, but they do not define the risk related to dental adherence. Likewise, foods that are easily washed away do not pose a significant risk because they can be quickly removed from the teeth through saliva or rinsing. Finally, not all sticky foods are nutritious, as many may be high in sugars and low in essential nutrients, making it crucial to focus on the texture and adherence properties that characterize sticky foods in relation to dental health.

10. Which nutrient is specifically important for healing after oral surgery?

- A. Vitamin C**
- B. Calories**
- C. Iron**
- D. Fiber**

The importance of calories for healing after oral surgery lies in the body's heightened energy demands during recovery. After surgery, the healing process is metabolic in nature, requiring an increased amount of energy to repair tissues, fight off infections, and rebuild cells. Consuming sufficient calories provides the necessary energy for these metabolic functions, ensuring that the body has the fuel it needs to promote healing effectively. While other nutrients like Vitamin C, iron, and fiber play vital roles in overall nutrition and may contribute to recovery, they do not have the same direct impact on energy levels required for healing as calories do. Vitamin C is important for collagen synthesis and immune function, iron is crucial for oxygen transport in the blood, and fiber aids in digestion. However, the overarching requirement during the recovery process is a caloric surplus to support the body's increased energy needs, making calories the most critical nutrient in this context.

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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