

SACE STAGE 2 NUTRITION BASICS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What enzyme is responsible for breaking down lactose?**
 - A. Lactase
 - B. Maltase
 - C. Sucrase
 - D. Amylase
- 2. Which of the following is a feature of a food intolerance?**
 - A. Immediate allergic reaction
 - B. Long-term health issues
 - C. Gastrointestinal issues
 - D. Skin rashes
- 3. What type of enzyme is trypsin?**
 - A. Amylase
 - B. Lipase
 - C. Protease
 - D. Peptide
- 4. What is the mixture of food particles and gastric juices in the stomach known as?**
 - A. Chyme
 - B. Enzyme
 - C. Bolus
 - D. Mucus
- 5. What is the primary location of protein digestion in the human body?**
 - A. Mouth
 - B. Stomach
 - C. Small intestines
 - D. Rectum
- 6. What term refers to the inflammation of the small intestinal wall?**
 - A. Appendicitis
 - B. Coeliac disease
 - C. Gastritis
 - D. Chron's disease

7. Which types of fats are obtained primarily from land animals?

- A. Oils
- B. Fats
- C. Vegetable fats
- D. Trans fats

8. Which nutrient is essential for the production of hemoglobin?

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

9. Which enzyme is responsible for breaking down maltose?

- A. Amylase
- B. Maltase
- C. Sucrase
- D. Lactase

10. What is segmentation in the context of digestion?

- A. Mixing and churning of food
- B. Movement of food through the oesophagus
- C. Churning and breaking down food in the intestines
- D. Chewing food in the mouth

Answers

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

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Explanations

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1. What enzyme is responsible for breaking down lactose?

- A. Lactase**
- B. Maltase
- C. Sucrase
- D. Amylase

Lactase is the enzyme specifically responsible for breaking down lactose, which is a disaccharide sugar found in milk and dairy products. This enzyme catalyzes the hydrolysis of lactose into its two monosaccharide components: glucose and galactose. Individuals who have low levels of lactase may experience lactose intolerance, leading to digestive discomfort when consuming dairy products. Maltase, on the other hand, is responsible for hydrolyzing maltose into two glucose molecules. Sucrase breaks down sucrose into glucose and fructose, while amylase acts on starches, breaking them down into simpler sugars. Each of these enzymes has a specific substrate, but none of them can effectively break down lactose like lactase does, which underscores the importance of lactase in the digestion of lactose-containing foods.

2. Which of the following is a feature of a food intolerance?

- A. Immediate allergic reaction
- B. Long-term health issues
- C. Gastrointestinal issues**
- D. Skin rashes

A food intolerance is characterized by difficulty digesting certain foods, which often results in gastrointestinal issues. This can manifest as symptoms such as bloating, gas, diarrhea, and abdominal pain after consuming the offending food. Unlike food allergies, which typically trigger an immediate immune response and can result in rapid reactions, food intolerances generally produce symptoms that develop more gradually, often making them less immediate but still uncomfortable. Gastrointestinal symptoms are the hallmark of food intolerances, distinguishing them from the other choices. For example, immediate allergic reactions are associated with food allergies rather than intolerances, which typically do not provoke the immune system in the same way. Similarly, while long-term health issues can arise from consistent consumption of a food one cannot tolerate, they are not a defining feature of the intolerance itself. Skin rashes are more commonly linked to food allergies, where an immune response might lead to such symptoms, rather than the digestive issues central to a food intolerance.

3. What type of enzyme is trypsin?

- A. Amylase
- B. Lipase
- C. Protease**
- D. Peptide

Trypsin is classified as a protease, which is an enzyme that breaks down proteins into smaller peptides or amino acids. This process is essential for the digestion of dietary proteins, allowing the body to absorb and utilize the amino acids for various functions, such as building and repairing tissues or producing hormones. Proteases like trypsin specifically target peptide bonds within protein molecules, cleaving them to facilitate their breakdown. Trypsin is produced in the pancreas and is secreted into the small intestine, where it acts on the proteins present in food. The other types of enzymes mentioned in the choices serve different functions. Amylase is responsible for breaking down carbohydrates into simpler sugars. Lipase is an enzyme that targets fats and oils, breaking them down into glycerol and fatty acids. Peptide refers more to the product of proteolytic activity rather than a class of enzymes. Thus, recognizing the function and classification of trypsin as a protease is essential for understanding its role in the digestive system.

4. What is the mixture of food particles and gastric juices in the stomach known as?

- A. Chyme**
- B. Enzyme
- C. Bolus
- D. Mucus

Chyme refers to the semi-liquid mixture that forms in the stomach as food is digested. When food enters the stomach, it is combined with gastric juices, which are secreted by the stomach lining. These gastric juices contain hydrochloric acid and digestive enzymes that help break down the food into smaller particles. This process transforms the food into a thick, semi-fluid mass, which is essential for further digestion as it moves into the small intestine. Understanding chyme is key to grasping the digestive process. The formation of chyme allows nutrients to be more readily absorbed as the mixture passes into the small intestine, where further enzymatic digestion and nutrient absorption occur. Other terms present in the options, such as bolus, refer specifically to the mass of food that has been chewed and swallowed, while enzymes and mucus serve different roles in digestion and protection, respectively.

5. What is the primary location of protein digestion in the human body?

- A. Mouth
- B. Stomach**
- C. Small intestines
- D. Rectum

Protein digestion predominantly occurs in the stomach, which is supported by the action of gastric juices that contain hydrochloric acid and the enzyme pepsin. These components work together to denature protein structures, making them more accessible for enzymatic breakdown. Pepsin specifically cleaves the peptide bonds in proteins, initiating the digestion process. While the small intestines play a significant role in further digestion and absorption of proteins—where enzymes from the pancreas continue the breakdown of polypeptides into amino acids and small peptides—most of the initial breakdown stages happen in the stomach. Therefore, the stomach is considered the primary site for protein digestion. The mouth has limited digestive activity primarily for carbohydrates and fats, whereas the rectum is involved in waste elimination rather than digestion.

6. What term refers to the inflammation of the small intestinal wall?

- A. Appendicitis
- B. Coeliac disease**
- C. Gastritis
- D. Chron's disease

The correct term for the inflammation of the small intestinal wall is coeliac disease. This autoimmune condition occurs in genetically predisposed individuals and is triggered by the ingestion of gluten, a protein found in wheat, barley, and rye. When a person with coeliac disease consumes gluten, their immune system mistakenly targets the small intestine's lining, leading to inflammation. This inflammation can cause a variety of symptoms, including diarrhea, abdominal pain, and malabsorption of nutrients, which can lead to further complications if not managed with a strict gluten-free diet. Appendicitis refers to the inflammation of the appendix, which is a different part of the digestive system. Gastritis involves inflammation of the stomach lining rather than the small intestine. Crohn's disease, while it can affect the small intestine, can also impact any part of the gastrointestinal tract and is characterized by chronic inflammation, which makes the condition quite different from coeliac disease.

7. Which types of fats are obtained primarily from land animals?

- A. Oils
- B. Fats**
- C. Vegetable fats
- D. Trans fats

The correct answer is fats, as these are primarily solid at room temperature and are typically derived from animal sources, especially land animals. Animal fats, such as those found in beef, pork, and lamb, contain a higher proportion of saturated fatty acids, which contribute to their solid state and consistency. In addition, these fats often serve important roles in the diet, offering a concentrated source of energy and essential fatty acids, as well as contributing to the flavor and texture of many traditional foods. Unlike vegetable fats, which are usually liquid oils extracted from plants, animal fats provide distinct nutritional characteristics associated with their sources. Trans fats, while they can also be found in some animal products, are primarily created through industrial processes that hydrogenate unsaturated fats to improve shelf life and stability. Therefore, they do not mostly derive from land animals in the same way that saturated animal fats do. The option referring to oils typically implies plant-based fats which are not the primary focus of this question. Overall, fats from land animals represent a significant category of dietary fat, making fats the appropriate choice.

8. Which nutrient is essential for the production of hemoglobin?

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

The correct answer is iron, as this nutrient plays a critical role in the formation of hemoglobin, which is the protein in red blood cells responsible for transporting oxygen throughout the body. Hemoglobin consists of heme groups that contain iron, and without adequate iron, the body cannot produce sufficient amounts of hemoglobin. This can lead to conditions such as anemia, characterized by a decreased ability of the blood to carry oxygen. In contrast, while calcium is vital for bone health and various bodily functions, it does not have a direct role in hemoglobin production. Vitamin C is important for enhancing the absorption of iron from plant sources and helps maintain healthy bodily functions, but it is not a component of hemoglobin itself. Vitamin D primarily supports bone health and assists in calcium metabolism, which is unrelated to hemoglobin synthesis. Understanding the specific roles of these nutrients clarifies why iron is essential for hemoglobin production.

9. Which enzyme is responsible for breaking down maltose?

- A. Amylase
- B. Maltase**
- C. Sucrase
- D. Lactase

Maltase is the enzyme specifically responsible for breaking down maltose. Maltose is a disaccharide composed of two glucose molecules linked together, and maltase catalyzes the hydrolysis of this bond. The action of maltase leads to the formation of two separate glucose units, which can then be utilized by the body for energy or other metabolic functions. While other enzymes such as amylase are involved in carbohydrate digestion, their role is broader and includes the breakdown of various polysaccharides into simpler sugars. Amylase doesn't specifically target maltose but rather larger carbohydrate structures. Sucrase specifically breaks down sucrose into glucose and fructose, while lactase is responsible for breaking down lactose into glucose and galactose. Thus, maltase is uniquely suited to act on maltose, making it the correct choice for this question.

10. What is segmentation in the context of digestion?

- A. Mixing and churning of food
- B. Movement of food through the oesophagus
- C. Churning and breaking down food in the intestines**
- D. Chewing food in the mouth

Segmentation refers specifically to the process that occurs in the intestines, where muscle contractions create segments that move back and forth. This action helps to mix and break down food, facilitating the absorption of nutrients. The rhythmic contractions of the intestinal walls cause food to be pushed back and forth rather than in a linear direction, which increases the time food spends in contact with the intestinal lining, maximizing the absorption of nutrients. While other processes such as the mixing and churning of food or the movement of food through the oesophagus are important in digestion, they do not specifically apply to the definition of segmentation. Chewing is also a crucial part of the digestive process but takes place in the mouth, distinct from the actions occurring within the intestines. Therefore, the correct choice captures the essence of segmentation as a critical aspect of digestion that primarily occurs in the intestines.

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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://sacestage2nutritionbasics.examzify.com>

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

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