TCC Nutrition 101 Practice Test (Sample)

Study Guide

BY EXAMZIFY

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

1. **Which description best characterizes energy-dense foods?**

   A. Low in fats

   B. High in calories per weight but low in nutrients

   C. High in micronutrients

   D. Low in calories

2. **According to the American Medical Association, what is the #1 cause of preventable death in the United States in 2016?**

   A. Heart disease

   B. Genetic factors

   C. Dietary risks

   D. Lack of exercise

3. **_____are geographical areas that lack access to fresh, healthy, and affordable food usually in inner-city areas.**

   A. Food deserts

   B. Food swamps

   C. Nutritional deserts

   D. Healthy zones

4. **Which immune cells are capable of engulfing anything from E. coli to little plastic beads?**

   A. T helper cells

   B. B cells

   C. Natural killer cells

   D. Macrophages

5. **Which purification method uses a semi-permeable membrane to remove contaminants from water?**

   A. Reverse osmosis

   B. Distillation

   C. Carbon filter

   D. Britta

6. **Which class of nutrients provides the primary source of energy for the body?**

   A. Lipids

   B. Vitamins

   C. Carbohydrates

   D. Proteins

7. **Which food is most likely to have the greatest nutrient density?**

   A. 1 cup of fresh strawberries (100 kcal)

   B. A cup of brown rice (215 kcal)

   C. A cup of cooked spinach (40 kcal)

   D. 1 cup of orange juice (110 kcal)

8. **Energy in food is measured in which unit?**

   A. Calories

   B. Kilocalories

   C. Joules

   D. Watts

9. **Which of the following is NOT a described characteristic of 'Good' food?**

   A. Equitably produced

   B. Nutrient-dense

   C. Sustainably produced and sold

   D. Low in taste and enjoyment

10. **The system of hormones that helps to control bodily functioning is called the _____ system.**

    A. Endocrine

    B. Nervous

    C. Immune

    D. Digestive

Answers

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

Explanations

1. Which description best characterizes energy-dense foods?

A. Low in fats

B. High in calories per weight but low in nutrients

C. High in micronutrients

D. Low in calories

Energy-dense foods are foods that pack a lot of energy (calories) into a small amount of weight. The best description for them is that they are high in calories per weight but low in nutrients. That means you get a lot of energy from a small bite, but they don't provide many vitamins, minerals, or other beneficial nutrients relative to their calorie content. This combination explains why such foods can contribute to higher energy intake without offering much in the way of nourishment. They're often high in fats or added sugars, which boost calories, while their micronutrient content is relatively low. In contrast, foods described as low in calories or low in fats would typically not have high energy density, and foods high in micronutrients describe nutrient-dense options rather than energy-dense ones.

2. According to the American Medical Association, what is the #1 cause of preventable death in the United States in 2016?

A. Heart disease

B. Genetic factors

C. Dietary risks

D. Lack of exercise

Focusing on what we eat as a major, changeable factor explains why dietary risks are identified as the top preventable cause of death. In 2016 the AMA highlighted that poor diet—not a single disease or purely one behavior—drives more deaths that could be prevented if people ate healthier. Diet influences many conditions at once: high sodium can raise blood pressure, excess saturated fat and cholesterol contribute to heart disease, insufficient fruits and vegetables can lower protective nutrients, processed meats and red meat are linked to certain cancers, and too much sugar and overall excess calories lead to obesity, diabetes, and related complications. Because these dietary patterns affect multiple diseases, the total number of deaths that could be avoided by improving diet exceeds the deaths from any other single preventable factor. Genetic factors aren't something you can change, and while lack of exercise matters, the broad impact of dietary patterns across various diseases makes dietary risks the most impactful preventable cause.

3. _____are geographical areas that lack access to fresh, healthy, and affordable food usually in inner-city areas.

A. Food deserts

B. Food swamps

C. Nutritional deserts

D. Healthy zones

Access to fresh, affordable food is the focus here. Food deserts are areas where people have limited access to nutritious foods because there are few grocery stores nearby, transportation is a barrier, and cost makes healthy options harder to obtain. This situation is common in inner-city neighborhoods and can lead people to rely on convenience stores or fast-food, resulting in poorer diet quality and higher risk of diet-related diseases. In contrast, a food swamp refers to areas with many food outlets but an abundance of unhealthy, energy-dense options, so the issue is the type of available foods rather than a lack of access to healthy choices. Other terms like nutritional deserts or healthy zones aren't standard descriptors in this context.

4. Which immune cells are capable of engulfing anything from E. coli to little plastic beads?

A. T helper cells

B. B cells

C. Natural killer cells

D. Macrophages

Phagocytosis—the ability to engulf and digest particles—is a key function of certain immune cells. Among these, macrophages are professional phagocytes that patrol tissues and can ingest a wide range of targets, from bacteria like E. coli to small plastic beads. Their versatility in engulfing particles of varying sizes and compositions makes them central to the innate response and to initiating the later adaptive response by processing and presenting pieces of what they eat to other immune cells. In contrast, T helper cells and B cells are primarily involved in coordinating and producing antibodies, not in eating particles, and natural killer cells destroy infected or abnormal cells without phagocytosing large objects. So the cell best described as capable of engulfing both bacteria and beads is the macrophage.

5. Which purification method uses a semi-permeable membrane to remove contaminants from water?

A. Reverse osmosis

B. Distillation

C. Carbon filter

D. Britta

A semi-permeable membrane lets water molecules pass through while blocking larger dissolved substances, and applying pressure to push water through this membrane is what reverse osmosis does. This process effectively removes salts, minerals, and many organic contaminants, producing purified water because the membrane acts as a barrier to dissolved ions while still allowing clean water to pass through. Distillation relies on heating and condensation rather than a membrane, separating components by volatility. A carbon filter traps many chemicals through adsorption, not by membrane separation. A Brita system uses activated carbon and sometimes ion-exchange resins, but it isn't defined by a membrane-based separation method.

6. Which class of nutrients provides the primary source of energy for the body?

A. Lipids

B. Vitamins

C. Carbohydrates

D. Proteins

Carbohydrates provide the primary source of energy because they are quickly converted to glucose, the main fuel for most body cells, including the brain and working muscles. Glucose can be used immediately for energy or stored as glycogen in the liver and muscles for rapid release when needed. While fats offer more energy per gram, they take longer to mobilize and are typically used for longer, slower energy needs. Proteins mainly serve as building blocks for tissues and enzymes and are used for energy only when carbohydrate and fat stores are insufficient. Vitamins don't provide energy themselves; they help enzymes in energy production.

7. Which food is most likely to have the greatest nutrient density?

A. 1 cup of fresh strawberries (100 kcal)

B. A cup of brown rice (215 kcal)

C. A cup of cooked spinach (40 kcal)

D. 1 cup of orange juice (110 kcal)

Nutrient density is about how many nutrients you get for each calorie. Fresh strawberries deliver a solid mix of nutrients—vitamin C, fiber, potassium, folate—while keeping calories around 100 per cup. That combination gives a higher nutrients-per-calorie value than the other options, which either have more calories for the same or fewer nutrients, or provide fewer micronutrients overall per serving. So in this set, the strawberries offer the greatest nutrient density.

8. Energy in food is measured in which unit?

A. Calories

B. Kilocalories

C. Joules

D. Watts

Energy in food is expressed using Calories, which in nutrition means kilocalories. On food labels, the energy content is shown as Calories (capital C), and 1 Calorie on a label equals 1 kilocalorie (1000 small calories), about 4184 joules. Joules are a general energy unit used in science, but for labeling and everyday nutrition, Calories are the standard. Watts measure power, not total energy. So Calories is the best answer because it reflects the common way food energy is reported.

9. Which of the following is NOT a described characteristic of 'Good' food?

A. Equitably produced

B. Nutrient-dense

C. Sustainably produced and sold

D. Low in taste and enjoyment

Good food should be nutritious, produced and distributed fairly, and created in a way that respects people and the planet, while still being tasty and enjoyable. The description that food is low in taste and enjoyment doesn't fit this idea. If food isn't tasty or enjoyable, it's hard for people to eat it regularly, even if it's nutrient-dense or produced sustainably. The other attributes—equitable production, nutrient density, and sustainable production and sale—fit together to describe food that supports health, fairness, and the environment, combined with the pleasure of eating. So the statement about being low in taste and enjoyment is not a described characteristic of Good food.

10. The system of hormones that helps to control bodily functioning is called the _____ system.

A. Endocrine

B. Nervous

C. Immune

D. Digestive

The main idea being tested is how the body uses chemical messengers to regulate functions. Hormones are these messengers released by glands into the bloodstream, traveling to distant target organs to influence metabolism, growth, reproduction, and responses to stress. This slow, widespread signaling is what the endocrine system does, making it the best fit for "a system of hormones that helps to control bodily functioning." The nervous system, by contrast, uses fast electrical signals for quick, localized actions; the immune and digestive systems have different primary roles, such as defending the body or breaking down food. So the endocrine system is the one that matches the description.

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://tccnutrition101.examzify.com

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