TCC Nutrition 101 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

1. **_____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

2. **Which condition is associated with diminished immune response?**

   A. Excess carbohydrate intake

   B. Adequate protein intake

   C. Protein malnutrition

   D. High fiber diet

3. **The absorption process where nutrients can freely pass across the intestinal wall is called:**

   A. Pinocytosis

   B. Passive diffusion

   C. Facilitated diffusion

   D. Active transport

4. **Which element makes protein different from carbohydrate and fat?**

   A. Nitrogen

   B. Oxygen

   C. Hydrogen

   D. Carbon

5. **After the esophagus, which organ does digestion proceed to?**

   A. Liver

   B. Pancreas

   C. Rectum

   D. Stomach

6. The enzyme that breaks down carbohydrates is salivary _____.

A. Protease

B. Lactase

C. Amylase

D. Lipase

7. What term describes the process by which nutrients pass through the wall of the gastrointestinal tract?

A. Digestion

B. Metabolism

C. Absorption

D. Excretion

8. AMDR for carbohydrates is (as a percentage)

A. 50-70%

B. 45-65%

C. 10-40%

D. 60-80%

9. 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

10. Which of the following are examples of carbohydrate-rich foods?

A. Beef and broccoli

B. Milk and cheese

C. Wheat and lentils

D. Chicken and rice

Answers

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

Explanations

1. _____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.

2. Which condition is associated with diminished immune response?

A. Excess carbohydrate intake

B. Adequate protein intake

C. Protein malnutrition

D. High fiber diet

Protein is essential for the immune system because it provides the amino acids needed to make immune cells, antibodies, and signaling molecules like cytokines. When protein intake is chronically low, the body can't sustain normal immune production, leading to weakened defenses. This shows up as smaller lymphoid organs (like the thymus), reduced numbers of immune cells, lower antibody levels, and a blunted inflammatory response, all contributing to a diminished ability to fight infections. Adequate protein supports robust immunity, while extreme imbalance from excess carbohydrates or a high-fiber diet doesn't have the same direct, well-established impact on immune function as protein malnutrition.

3. The absorption process where nutrients can freely pass across the intestinal wall is called:

A. Pinocytosis

B. Passive diffusion

C. Facilitated diffusion

D. Active transport

The main idea here is how substances move across the intestinal lining without energy input or specialized carriers. Passive diffusion describes nutrients moving down their concentration gradient directly through the cell membranes, without any energy expenditure or transporter proteins. This is why some small, lipophilic molecules can be absorbed freely. It contrasts with facilitated diffusion, which still goes down the gradient but requires a carrier protein; pinocytosis, which engulfs fluid or particles into vesicles; and active transport, which uses energy to move substances against their gradient. So the absorption process that allows nutrients to pass freely without energy or carriers is passive diffusion.

4. Which element makes protein different from carbohydrate and fat?

A. Nitrogen

B. Oxygen

C. Hydrogen

D. Carbon

Nitrogen is what sets protein apart because proteins are built from amino acids that contain nitrogen in their amino group. Carbohydrates and fats are composed mainly of carbon, hydrogen, and oxygen, and their basic structures don't include nitrogen. That presence of nitrogen in amino acids enables proteins to form long chains (peptide bonds) and carry out many functions like building tissues and making enzymes. In nutrition, nitrogen content is a key indicator used to estimate how much protein a food provides, which is why nitrogen uniquely marks proteins among the macronutrients. The other elements—carbon, hydrogen, and oxygen—are common to carbohydrates and fats as well, so they don't distinguish proteins in the same way.

5. After the esophagus, which organ does digestion proceed to?

A. Liver

B. Pancreas

C. Rectum

D. Stomach

After swallowing, the food moves into the stomach, which is the next site of digestion. The stomach acts as a mixing chamber where mechanical churning and chemical digestion occur. Gastric juice, including acid and the enzyme pepsin, begins breaking down proteins, turning the food into a semi-liquid substance called chyme. This step prepares the contents for the small intestine, where most digestion and nutrient absorption occur with help from bile and pancreatic enzymes. The liver and pancreas contribute those digestive substances later in the small intestine, not immediately after the esophagus, and the rectum is part of waste elimination downstream.

6. The enzyme that breaks down carbohydrates is salivary _____.

A. Protease

B. Lactase

C. Amylase

D. Lipase

The main idea is enzyme specificity and location. In the mouth, saliva contains amylase (often called salivary amylase), which starts breaking down starches, a carbohydrate, into maltose and dextrins. That makes it the enzyme that acts on carbohydrates in saliva. Protease targets proteins, lipase targets fats, and lactase acts on lactose but is produced in the small intestine, not in saliva. So amylase is the correct choice.

7. What term describes the process by which nutrients pass through the wall of the gastrointestinal tract?

A. Digestion

B. Metabolism

C. Absorption

D. Excretion

Absorption is the process by which nutrients pass through the wall of the gastrointestinal tract into the body. After digestion breaks foods into small molecules, absorption takes over to move those nutrients across the intestinal lining into the bloodstream (and, for fats, into the lymphatic system). The small intestine, with its villi and microvilli, provides a large surface area to maximize this transfer, using mechanisms like active transport, facilitated diffusion, and passive diffusion. Digestion is the breakdown of food in the gut; metabolism refers to how cells use the absorbed nutrients for energy and building new tissues; excretion is the elimination of indigestible waste.

8. AMDR for carbohydrates is (as a percentage)

A. 50-70%

B. 45-65%

C. 10-40%

D. 60-80%

The main idea here is how much of your total daily calories should come from carbohydrates. The recommended range for carbohydrates is 45–65% of total energy. This balance gives you enough energy and dietary fiber from carbs while leaving room for adequate protein and fats to support body functions and nutrient intake. If you go below 45%, you risk not meeting energy needs and fiber intake, which can affect performance and digestion. If you go above 65%, carbohydrates could crowd out other nutrients and potentially affect blood sugar control over time. For a 2,000 kcal day, that range translates to about 225–325 grams of carbohydrate daily (since carbs provide 4 kcal per gram).

9. 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.

10. Which of the following are examples of carbohydrate-rich foods?

A. Beef and broccoli

B. Milk and cheese

C. Wheat and lentils

D. Chicken and rice

Carbohydrate-rich foods are those that provide a large share of calories from carbohydrates rather than protein or fat. Wheat is a staple grain high in starch, and lentils are legumes with substantial carbohydrate content plus fiber. Together they clearly represent foods that contribute a lot of carbs to the diet. The other options are dominated by protein (beef or chicken) or dairy, with only modest carbohydrate contribution, so they don't illustrate carbohydrate-rich foods as clearly as the wheat and lentils pair.

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!