

# The Healthy Professional - Foundations 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 case describes someone who is thirsty, fatigued, and experiencing mental fog and needs more water intake?**
  - A. Rachel**
  - B. Kris**
  - C. Avi**
  - D. Lorna**
  
- 2. Approximately what percentage of the body's weight is made up by water?**
  - A. 10-20 percent**
  - B. 30-40 percent**
  - C. 50-70 percent**
  - D. 80-90 percent**
  
- 3. Niacin is classified as which of the following?**
  - A. Vitamin A**
  - B. Vitamin B**
  - C. Vitamin C**
  - D. Vitamin D**
  
- 4. Hypoglycemia refers to which condition?**
  - A. High blood sugar**
  - B. Low blood sugar**
  - C. Normal blood sugar after eating**
  - D. Sugar in urine**
  
- 5. What makes up 50 to 70 percent of the body's weight and is necessary for virtually every function of the cells and body?**
  - A. Water**
  - B. Vitamins**
  - C. Minerals**
  - D. Proteins**

- 6. Which scenario indicates a need to increase carbohydrate intake to support energy?**
- A. Rachel**
  - B. Jay**
  - C. Lorna**
  - D. Avi**
- 7. What is the term for clogging and hardening of the arteries?**
- A. Atherosclerosis**
  - B. Arteriosclerosis**
  - C. Hypertension**
  - D. Stenosis**
- 8. What is the vitamin from which tretinoin is derived?**
- A. Vitamin A**
  - B. Vitamin B**
  - C. Vitamin C**
  - D. Vitamin D**
- 9. Lorna maintains a healthy weight by keeping track of her caloric intake and output, but has dull skin that seems to take forever to heal after a blemish. What does Lorna need?**
- A. Carbohydrates**
  - B. Fats**
  - C. Vitamins**
  - D. Minerals**
- 10. Riboflavin is a type of which vitamin?**
- A. Vitamin A**
  - B. Vitamin B**
  - C. Vitamin C**
  - D. Vitamin D**

## Answers

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

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## **Explanations**

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**1. Which case describes someone who is thirsty, fatigued, and experiencing mental fog and needs more water intake?**

- A. Rachel
- B. Kris**
- C. Avi
- D. Lorna

Dehydration shows up with thirst, fatigue, and mental fog, because the body is signaling low fluid levels and brain function can be affected when you're not hydrated. Kris fits this pattern, described as thirsty, tired, and mentally foggy, which points to needing more water. Increasing hydration typically improves these symptoms and helps restore energy and mental clarity. The other names aren't described with this dehydration symptom set, so Kris is the best match.

**2. Approximately what percentage of the body's weight is made up by water?**

- A. 10-20 percent
- B. 30-40 percent
- C. 50-70 percent**
- D. 80-90 percent

Water content is a major part of body weight, reflecting how essential water is for every cell and process in the body. In a typical adult, about 60% of body weight comes from water, though this can vary with age and body composition. Newborns have more water (around 75%), while as people age or gain fat, the percentage can drop to roughly 50-65%. Lean tissue has a higher water content than fat tissue, which is why men often have a slightly higher percentage than women. Most of the body's water is inside cells, with the remainder outside cells in extracellular fluid like blood plasma and interstitial fluid. Because of this natural variation, an approximate range of 50-70% is the best way to capture how much of body weight is water.

**3. Niacin is classified as which of the following?**

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

Niacin is a B vitamin (specifically vitamin B3). It functions as a coenzyme in redox reactions, forming NAD and NADP, which are essential for energy production from carbohydrates, fats, and proteins. This role places it in the B vitamin group rather than with fat-soluble vitamins like A and D or with vitamin C, which has different functions as an antioxidant.

#### 4. Hypoglycemia refers to which condition?

- A. High blood sugar
- B. Low blood sugar**
- C. Normal blood sugar after eating
- D. Sugar in urine

Hypoglycemia means blood glucose levels are lower than normal. It's the opposite of high blood sugar and is not the normal level after eating, nor is it sugar appearing in urine. A common clinical marker is a blood glucose reading below about 70 mg/dL, which can cause symptoms such as shakiness, sweating, fast heartbeat, or confusion. Treating promptly with a quick source of carbohydrate is important, especially for people who take medications that lower blood sugar.

#### 5. What makes up 50 to 70 percent of the body's weight and is necessary for virtually every function of the cells and body?

- A. Water**
- B. Vitamins
- C. Minerals
- D. Proteins

Water being the dominant component of the body is what this item highlights. About 50 to 70 percent of body weight comes from water, and this isn't just a filler—we rely on it for nearly every cellular and bodily function. Water serves as the main solvent in which most biochemical reactions take place, allowing nutrients, enzymes, and wastes to move in and out of cells. It exists inside cells (intracellular fluid) and outside cells (extracellular fluid, including blood plasma), forming the environment that enables metabolism, transport, and communication. It also helps regulate temperature through sweating and heat absorption, cushions joints with synovial fluid, protects organs, and aids digestion and elimination by dissolving and transporting substances. While vitamins, minerals, and proteins are essential, they are required in far smaller amounts and do not make up the majority of body mass, which is why water is the most accurate answer for this question.

#### 6. Which scenario indicates a need to increase carbohydrate intake to support energy?

- A. Rachel**
- B. Jay
- C. Lorna
- D. Avi

Carbohydrates provide the body's main source of quick energy, especially during longer or more intense activity. When training volume rises or endurance is required, the muscles rely more on stored glycogen. Increasing carbohydrate intake in those situations helps refill glycogen stores and ensures a steady glucose supply, which supports energy, performance, and delays fatigue. In the Rachel scenario, the signs point to higher energy needs—such as prolonged or intense activity—so boosting carbs makes sense to sustain energy throughout workouts and daily tasks. Practical steps include fueling with carbs before exercise, consuming easily digestible carbs during long sessions if needed, and replenishing afterward with a mix of carbohydrates and protein to restore glycogen.

**7. What is the term for clogging and hardening of the arteries?**

- A. Atherosclerosis**
- B. Arteriosclerosis**
- C. Hypertension**
- D. Stenosis**

Clogging and hardening of the arteries is best described as atherosclerosis. This condition involves the buildup of fatty plaques inside the arterial walls, which narrows the lumen and makes the arteries stiffer over time. Arteriosclerosis is a related, broader term referring to general stiffening of arteries and may occur with aging or other factors without plaque formation. Hypertension means high blood pressure, and stenosis is the narrowing of a vessel, which can result from atherosclerosis but is not the disease process name itself.

**8. What is the vitamin from which tretinoin is derived?**

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

Tretinoin is a retinoid—the active form of vitamin A. Vitamin A (retinol) is metabolized in the body first to retinal and then to retinoic acid, and tretinoin is essentially all-trans-retinoic acid. This retinoic acid form binds receptors in skin cells to regulate gene expression, promoting cell turnover and collagen remodeling. Because it's derived from this vitamin, the correct answer is vitamin A. Other vitamins don't convert into retinoic acid or provide the same signaling effects in the skin.

**9. Lorna maintains a healthy weight by keeping track of her caloric intake and output, but has dull skin that seems to take forever to heal after a blemish. What does Lorna need?**

- A. Carbohydrates**
- B. Fats**
- C. Vitamins**
- D. Minerals**

Vitamins, especially vitamin C, are crucial for skin health and wound healing. Vitamin C supports collagen synthesis, the protein that gives skin its structure and helps wounds close. When intake is insufficient, skin can look dull and healing after a blemish can be slow. Carbohydrates and fats provide energy but don't directly enhance collagen formation or healing. Minerals like zinc also matter, but the symptoms described most strongly point to needing adequate vitamins, particularly vitamin C, in the diet. Include vitamin C-rich foods such as citrus fruits, strawberries, bell peppers, and leafy greens to support skin health.

**10. Riboflavin is a type of which vitamin?**

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

Riboflavin is a B vitamin, specifically vitamin B2. It acts as a coenzyme in energy production through its active forms FMN and FAD, helping redox reactions in the metabolism of carbohydrates, fats, and proteins. Because it's water-soluble, regular intake is needed. The other vitamins listed have different roles: Vitamin A supports vision and immunity, Vitamin C is involved in collagen synthesis and antioxidant protection, and Vitamin D aids calcium absorption and bone health.

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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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://healthyfoundations.examzify.com>**

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

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