

# The Role of Nutrition in our Health 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. Inorganic substances that are not broken down during digestion and absorption and are not destroyed by heat or light.**
  - A. Minerals**
  - B. Vitamins**
  - C. Enzymes**
  - D. Nucleotides**
  
- 2. The term for data focused on vitamins and minerals is?**
  - A. Macronutrients**
  - B. Micronutrients**
  - C. Energy**
  - D. Carbohydrates**
  
- 3. What is the AMDR range for protein?**
  - A. 15-25%**
  - B. 10-35%**
  - C. 40-60%**
  - D. 0-15%**
  
- 4. Nutrients the body requires in relatively large amounts to support normal function and health are known as what?**
  - A. Micronutrients**
  - B. Macronutrients**
  - C. Minerals**
  - D. Vitamins**
  
- 5. Which term refers to physical measurements used to assess nutritional status?**
  - A. Diet History**
  - B. Biochemical Assessment**
  - C. Anthropometric Assessment**
  - D. Clinical Assessment**

- 6. Which set of items is described as a disease caused by nutritional deficiencies or toxicities?**
- A. Anthropometrical, Biochemical, Clinical, Diet**
  - B. Pellagra, Scurvy, Iron-Deficiency Anemia**
  - C. Type 2 Diabetes, Hypertension, Obesity**
  - D. Pellagra, Scurvy (Vitamin C) Iron-Deficiency Anemia**
- 7. Which features describe water-soluble vitamins?**
- A. Water Soluble Features**
  - B. Fat Soluble Features**
  - C. Mineral Features**
  - D. Carbohydrate Features**
- 8. Which dietary assessment method is particularly prone to underreporting due to memory reliance and social desirability?**
- A. Diet Records**
  - B. 24-Hour Diet Recall**
  - C. Food Frequency Questionnaire**
  - D. Dietary History**
- 9. Which term represents data obtained from laboratory tests used in nutritional assessment?**
- A. Physical Examination**
  - B. Biochemical Data**
  - C. Dietary Intake**
  - D. Imaging Studies**
- 10. Which set includes carbohydrates, lipids, proteins, vitamins, minerals, and water?**
- A. Six nutrients**
  - B. Macronutrients**
  - C. Micronutrients**
  - D. Essential nutrients**

## Answers

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

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## **Explanations**

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**1. Inorganic substances that are not broken down during digestion and absorption and are not destroyed by heat or light.**

**A. Minerals**

**B. Vitamins**

**C. Enzymes**

**D. Nucleotides**

Minerals are inorganic nutrients that pass through digestion largely unchanged and are not destroyed by heat or light. They are absorbed in their intact ionic or small complex forms, which means their chemical identity remains the same despite cooking or digestive processes. While processing can reduce mineral content by leaching into water, the minerals themselves aren't broken down by enzymes or degraded by heat in the way organic nutrients often are. This contrasts with vitamins (organic and often heat- or light-sensitive), enzymes (proteins that can denature with heat), and nucleotides (organic building blocks of nucleic acids), which explains why minerals best fit the description.

**2. The term for data focused on vitamins and minerals is?**

**A. Macronutrients**

**B. Micronutrients**

**C. Energy**

**D. Carbohydrates**

Vitamins and minerals are micronutrients, meaning they are needed in small amounts and do not provide calories. Data focused on these nutrients is called micronutrient data because the emphasis is on the substances required in tiny quantities for metabolic processes, enzyme function, and overall health. In contrast, macronutrients—carbohydrates, proteins, and fats—are required in larger amounts and supply the body's energy, with carbohydrates specifically being a major source of calories. Energy as a concept refers to the calories present in foods, not to the micronutrient content.

**3. What is the AMDR range for protein?**

**A. 15-25%**

**B. 10-35%**

**C. 40-60%**

**D. 0-15%**

The main idea here is understanding what portion of daily calories should come from protein to support health. The official AMDR for protein is 10-35% of total daily calories. This range is broad enough to accommodate different needs from sedentary adults to active individuals, while ensuring enough protein without crowding out other macronutrients like fats and carbohydrates. For a 2000 kcal day, that translates to about 50-175 grams of protein. Why this range fits best: it sets a lower limit that helps prevent inadequate protein intake, and an upper limit that avoids excessively high protein at the expense of other nutrients. The other options fall outside or don't capture the official range: 0-15% would likely under-consume protein, 40-60% would overly skew the diet toward protein and away from fats and carbohydrates, and 15-25% is narrower than the established AMDR, not representing the full recommended span.

**4. Nutrients the body requires in relatively large amounts to support normal function and health are known as what?**

- A. Micronutrients
- B. Macronutrients**
- C. Minerals
- D. Vitamins

Nutrients required in relatively large amounts are called macronutrients. These provide the energy and building blocks the body uses every day to function, grow, and repair tissues. The main macronutrients are carbohydrates, proteins, and fats. In contrast, micronutrients are needed in much smaller amounts and include vitamins and minerals; minerals are a subset of micronutrients, and vitamins are another. So the term that describes nutrients needed in larger amounts is macronutrients.

**5. Which term refers to physical measurements used to assess nutritional status?**

- A. Diet History
- B. Biochemical Assessment
- C. Anthropometric Assessment**
- D. Clinical Assessment

The main idea is using objective body measurements to gauge nutritional status, which is what anthropometric assessment does. This approach collects physical data such as height, weight, body circumferences, skinfold thickness, and limb measurements, often used to calculate BMI and assess body composition. These measurements reflect growth patterns, fat stores, and lean mass, helping to identify undernutrition (like wasting or stunting) and overnutrition (overweight or obesity) and to monitor changes over time. Diet history looks at what people report eating; biochemical assessment examines nutrients or metabolites in blood or urine; clinical assessment focuses on signs and symptoms of malnutrition. Anthropometric measures provide the quantitative picture of the body's size and composition that the others can't alone capture.

**6. Which set of items is described as a disease caused by nutritional deficiencies or toxicities?**

- A. Anthropometrical, Biochemical, Clinical, Diet
- B. Pellagra, Scurvy, Iron-Deficiency Anemia
- C. Type 2 Diabetes, Hypertension, Obesity
- D. Pellagra, Scurvy (Vitamin C) Iron-Deficiency Anemia**

Nutritional deficiency diseases are illnesses that directly arise from inadequate or excessive intake of specific nutrients. Pellagra is caused by niacin (vitamin B3) deficiency; scurvy results from insufficient vitamin C; iron-deficiency anemia stems from a lack of iron. These are classic examples of diseases that come from not getting enough of particular nutrients, or from imbalances in intake, rather than from general metabolic risk factors or from being tools to assess nutrition. The other options mix in nutrition assessment terms or conditions that are influenced by diet but are not classic deficiency diseases, so they don't fit the description as precisely.

## 7. Which features describe water-soluble vitamins?

- A. Water Soluble Features
- B. Fat Soluble Features
- C. Mineral Features
- D. Carbohydrate Features**

Water-soluble vitamins dissolve in water, are not stored in the body in significant amounts, and any excess is excreted in urine. Because they aren't stored, they need to be consumed regularly to prevent deficiency. They're absorbed in the small intestine and circulate in the blood, often functioning as coenzymes in energy metabolism and other reactions. They're also more prone to losses during cooking. In contrast, fat-soluble vitamins require fat for absorption, are stored in liver and adipose tissue, and can accumulate with high intake. Minerals and carbohydrates have distinct categories, not described by water-solubility traits.

## 8. Which dietary assessment method is particularly prone to underreporting due to memory reliance and social desirability?

- A. Diet Records
- B. 24-Hour Diet Recall**
- C. Food Frequency Questionnaire
- D. Dietary History

Memory and social desirability are key factors that affect how accurately people report what they eat. A 24-hour recall asks you to recount everything consumed in the previous day, and accuracy hinges on remembering every item, portion size, and ingredient. People often forget snacks, beverages, sauces, or small additions, and they may misjudge portion sizes. At the same time, social desirability can lead to underreporting foods viewed as unhealthy in order to present oneself in a better light. Because this method relies entirely on memory for a single day, these memory lapses and the desire to look good together make it particularly prone to underreporting. Other methods approach reporting differently. Diet records are kept in real time, which reduces memory errors but can be burdensome and may alter eating behavior. Food frequency questionnaires assess usual intake over longer periods, reducing the impact of a single-day memory error, though they rely on general patterns and recall over weeks or months. Dietary history gathers information about typical intake over a longer span and is less about a single day, so the memory challenges are different.

**9. Which term represents data obtained from laboratory tests used in nutritional assessment?**

- A. Physical Examination**
- B. Biochemical Data**
- C. Dietary Intake**
- D. Imaging Studies**

Biochemical data are laboratory-based measurements used to assess nutritional status and metabolic function. These objective markers come from blood, urine, or other body fluids and include nutrient levels (like iron, vitamin B12, vitamin D), proteins and enzymes (such as albumin or prealbumin), lipids, glucose, and electrolyte panels. They help identify deficiencies or excesses and monitor responses to nutrition interventions, making them the data type most directly derived from laboratory tests. This distinguishes them from signs observed in a physical examination, which are clinical observations; dietary intake data, which records what a person consumes; and imaging studies, which visualize tissues or structures rather than measure biochemical markers.

**10. Which set includes carbohydrates, lipids, proteins, vitamins, minerals, and water?**

- A. Six nutrients**
- B. Macronutrients**
- C. Micronutrients**
- D. Essential nutrients**

Understanding the six fundamental nutrient categories helps explain why this set is correct. In nutrition, nutrients are often grouped into macronutrients (carbohydrates, fats or lipids, and proteins) and micronutrients (vitamins and minerals), with water treated as an essential body component. The set that includes carbohydrates, lipids, proteins, vitamins, minerals, and water covers all six categories people rely on from food, making it the most complete label. The other terms describe parts of this spectrum—macronutrients would miss vitamins and minerals; micronutrients would miss the energy-yielding nutrients and water; essential nutrients is a broader term that doesn't name the six distinct categories as directly.

## 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://roleofnutritioninourhealth.examzify.com>**

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

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