

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. The only macronutrient that contains nitrogen; the basic building blocks of protein are amino acids.**
 - A. Carbohydrates**
 - B. Protein**
 - C. Lipids**
 - D. Vitamins**

- 2. What is the primary source of energy for the body?**
 - A. Protein**
 - B. Carbohydrate**
 - C. Fat**
 - D. Vitamins**

- 3. The term that describes vitamins and minerals collectively is which of the following?**
 - A. Macronutrients**
 - B. Vitamins**
 - C. Minerals**
 - D. Micronutrients**

- 4. Which measurement is included in anthropometric assessment for infants?**
 - A. Height**
 - B. Weight**
 - C. Head Circumference In Infants**
 - D. Limb Circumference**

- 5. Supplementation is indicated in which scenario?**
 - A. Diagnosed deficiencies**
 - B. For athletic performance enhancement**
 - C. When intake meets needs**
 - D. For everyone**

- 6. Which of the following is a trace mineral?**
- A. Copper**
 - B. Sodium**
 - C. Phosphorus**
 - D. Potassium**
- 7. Which term describes the physical examination performed by a clinician to assess nutritional status?**
- A. Biochemical Data**
 - B. Clinical Examination**
 - C. Physical Examination**
 - D. Imaging Studies**
- 8. What is the recommended daily fiber intake for adults, and what are its health benefits?**
- A. About 15 g/day for women and 25 g/day for men.**
 - B. About 25 g/day for women and 38 g/day for men (or 14 g per 1,000 kcal); benefits include improved bowel function, cholesterol reduction, and better glycemic control.**
 - C. About 50 g/day for both sexes.**
 - D. Fiber intake is not linked to chronic disease.**
- 9. Iron deficiency is commonly linked to impaired hematopoiesis and fatigue. Which plant-based factor enhances nonheme iron absorption?**
- A. Vitamin C-rich foods (e.g., citrus)**
 - B. Vitamin D-rich foods**
 - C. Calcium sources**
 - D. Vitamin B12**
- 10. Secondary Deficiency is best described as**
- A. Inadequate Intake**
 - B. Adequate Intake But Impaired Absorption Or Utilization**
 - C. Excess Intake**
 - D. Genetic Deficiency**

Answers

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

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Explanations

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1. The only macronutrient that contains nitrogen; the basic building blocks of protein are amino acids.

A. Carbohydrates

B. Protein

C. Lipids

D. Vitamins

Nitrogen is a defining element of proteins because amino acids—the building blocks of proteins—contain a nitrogen atom in their amino group. Among the macronutrients, only proteins include nitrogen in their structure, while carbohydrates and lipids are made from carbon, hydrogen, and oxygen and do not contain nitrogen. Vitamins are micronutrients, not macronutrients. So the description points to protein as the correct choice, since its amino acids inherently carry nitrogen and form the many proteins the body uses for growth, repair, and function.

2. What is the primary source of energy for the body?

A. Protein

B. Carbohydrate

C. Fat

D. Vitamins

Carbohydrates are the body's main energy source because they're readily converted into glucose, the primary fuel used by most cells, especially the brain and active muscles. This quick supply supports immediate energy needs and helps maintain stable blood glucose during activity. Fat provides a larger energy reserve but is metabolized more slowly and is favored during longer, lower-intensity activity. Proteins are used mainly for building and repairing tissues and only contribute to energy when carbohydrate and fat stores are limited. Vitamins don't supply energy themselves but serve as essential cofactors in metabolism. So carbohydrates best explain the body's primary energy source.

3. The term that describes vitamins and minerals collectively is which of the following?

A. Macronutrients

B. Vitamins

C. Minerals

D. Micronutrients

Vitamins and minerals are nutrients required in very small amounts to support essential body functions such as metabolism, immune function, and tissue maintenance. Because they're needed in tiny quantities compared with energy-yielding nutrients, they're grouped together as micronutrients. This contrasts with macronutrients—carbohydrates, proteins, and fats—that the body needs in larger amounts to supply energy and build tissues. While vitamins and minerals each have important roles, the single term that covers both together is micronutrients.

4. Which measurement is included in anthropometric assessment for infants?

- A. Height**
- B. Weight**
- C. Head Circumference In Infants**
- D. Limb Circumference**

In infancy, head circumference is a crucial measurement because it directly reflects brain growth during the first years of life. You measure around the largest part of the head, just above the eyebrows and around the occipital bone at the back, using a flexible non-stretch tape and record to the nearest 0.1 cm. Regularly tracking head size and plotting it on head circumference-for-age growth charts helps detect abnormal brain growth early, such as microcephaly or macrocephaly, which can signal nutritional issues or other health problems. While weight and recumbent length are also routinely measured in infants, standing height isn't used yet in this age, and limb circumference isn't a standard part of basic infant growth monitoring. So head circumference is included because it provides essential information about brain development that other measurements don't capture as directly.

5. Supplementation is indicated in which scenario?

- A. Diagnosed deficiencies**
- B. For athletic performance enhancement**
- C. When intake meets needs**
- D. For everyone**

Supplementation is indicated when a nutrient deficiency has been diagnosed and needs to be corrected. When the body isn't getting or absorbing enough of a nutrient, adding it through a supplement can restore normal function and prevent related health problems, especially if dietary intake or absorption is inadequate or if a condition raises the body's needs. For example, iron deficiency causing anemia or vitamin D deficiency affecting bone health are typical scenarios where supplementation is used to address an established shortfall, not to boost everyone's health. If someone's intake already meets or exceeds needs, supplements won't provide extra benefit and can even cause harm from toxicity or nutrient imbalances, particularly with fat-soluble vitamins or minerals. In healthy individuals, using supplements to enhance athletic performance without a documented deficiency often lacks solid evidence and may distract from meeting nutrients through a balanced diet. Because supplementation should be targeted and safe, it's best guided by testing and medical advice rather than used universally. If you suspect a deficiency, get tested and discuss appropriate dosing and duration with a clinician.

6. Which of the following is a trace mineral?

- A. Copper**
- B. Sodium**
- C. Phosphorus**
- D. Potassium**

Copper is a trace mineral because it's needed in only small amounts by the body, yet it plays several essential roles. As a cofactor for enzymes such as ceruloplasmin, it helps with iron metabolism, copper-containing enzymes support connective tissue formation, and some copper-containing enzymes are involved in antioxidant defenses. Because the body requires only trace amounts—much less than other minerals—it's classified with other trace minerals rather than as a macromineral. In contrast, the other minerals listed are macrominerals, required in much larger daily amounts. Sodium and potassium are key electrolytes that maintain fluid balance and nerve function, while phosphorus is important for bone and energy metabolism. Their larger daily needs reflect the broad physiological roles they support.

7. Which term describes the physical examination performed by a clinician to assess nutritional status?

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

In nutrition assessment, you evaluate nutritional status by looking for physical signs during the clinician's hands-on evaluation of the patient. This focused clinical examination specifically seeks observable signs that reflect nutritional deficits or excess, such as muscle wasting, edema, changes in skin, hair, nails, and oral mucosa, or other body-system signs of nutrient anomalies. It's distinct from biochemical data (lab measurements) and imaging studies (radiologic tests), and it's more targeted than a generic physical exam because it centers on nutrition-related findings observed during the patient encounter.

8. What is the recommended daily fiber intake for adults, and what are its health benefits?

A. About 15 g/day for women and 25 g/day for men.

B. About 25 g/day for women and 38 g/day for men (or 14 g per 1,000 kcal); benefits include improved bowel function, cholesterol reduction, and better glycemic control.

C. About 50 g/day for both sexes.

D. Fiber intake is not linked to chronic disease.

Daily fiber intake is about supporting regular digestion and metabolic health. For adults, the recommended target is roughly 25 g per day for women and 38 g per day for men, with an alternative estimate of 14 g per 1,000 kcal consumed. This amount promotes adequate stool bulk and transit, helps reduce LDL cholesterol through soluble fiber, and improves glycemic control by slowing the absorption of sugars after meals. Include a variety of fiber-rich foods such as fruits, vegetables, whole grains, legumes, and nuts, noting that soluble and insoluble fiber work together to confer benefits. Increase fiber gradually and drink plenty of water to minimize uncomfortable GI effects. Some other suggested intakes are lower than these targets, or claims that fiber isn't linked to chronic disease, which contradict the evidence linking fiber to better digestive health and reduced disease risk.

9. Iron deficiency is commonly linked to impaired hematopoiesis and fatigue. Which plant-based factor enhances nonheme iron absorption?

A. Vitamin C-rich foods (e.g., citrus)

B. Vitamin D-rich foods

C. Calcium sources

D. Vitamin B12

Vitamin C-rich foods boost the absorption of nonheme iron by converting ferric iron (Fe³⁺) to ferrous iron (Fe²⁺) and keeping it in a soluble, easily absorbed form in the gut. This makes plant-based iron, which is nonheme and typically less readily absorbed, much more available for use by the body. In practice, pairing iron-rich plant foods like beans, lentils, or leafy greens with vitamin C sources such as citrus, peppers, or strawberries enhances uptake. Other options don't have this enhancing effect. Vitamin D mainly supports bone health and doesn't directly increase nonheme iron absorption. Calcium from dairy or supplements can inhibit iron absorption when consumed with iron-rich meals. Vitamin B12 is essential for red blood cell formation but does not directly affect how nonheme iron is absorbed.

10. Secondary Deficiency is best described as

- A. Inadequate Intake
- B. Adequate Intake But Impaired Absorption Or Utilization**
- C. Excess Intake
- D. Genetic Deficiency

Secondary deficiency happens when dietary intake is adequate, but the body cannot absorb, transport, or use the nutrient properly, or its needs are increased by disease or treatment. This is exactly what the description “Adequate Intake But Impaired Absorption Or Utilization” conveys. For instance, iron can be deficient in someone with celiac disease because the damaged gut absorbs iron poorly; vitamin D deficiency can arise from liver or kidney disease that impairs activation; or vitamin B12 deficiency can occur when absorption is impaired in pernicious anemia, even if the diet provides enough B12. In contrast, a deficiency caused by not eating enough is primary, excess intake describes too much rather than too little, and genetic deficiencies involve inherited problems with metabolism rather than an issue with absorption or utilization in the presence of adequate intake.

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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://roleofnutritioninourhealth.examzify.com>

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

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