

University of Central Florida (UCF) HUN3011 Human Nutrition Practice Exam 3 (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. What is a function of dietary fiber?**
 - A. To provide essential vitamins**
 - B. To assist with digestion and promote gut health**
 - C. To serve as an energy source**
 - D. To increase cholesterol levels**

- 2. What does the glycemic index measure?**
 - A. Food portion sizes**
 - B. The energy content of foods**
 - C. How quickly foods raise blood glucose levels**
 - D. Vitamin content of foods**

- 3. Which type of fiber is beneficial for lowering cholesterol levels?**
 - A. Insoluble fiber**
 - B. Soluble fiber**
 - C. Both types of fiber**
 - D. No fiber type lowers cholesterol**

- 4. How do phytochemicals benefit human health?**
 - A. They are primarily sources of energy**
 - B. They can enhance flavor in food**
 - C. They have antioxidant properties and may help prevent chronic diseases**
 - D. They are unnecessary once a balanced diet is achieved**

- 5. Which of the following can indicate malnutrition in older adults?**
 - A. Regular healthcare visits**
 - B. Eating dessert daily**
 - C. Loss of physical function**
 - D. Social interactions**

- 6. Which mineral is primarily responsible for electrical charges in body fluids?**
- A. Calcium**
 - B. Sodium**
 - C. Electrolytes**
 - D. Magnesium**
- 7. What is one of the effects of oxytocin after childbirth?**
- A. Promotes mental alertness**
 - B. Prevents bleeding**
 - C. Stimulates hair growth**
 - D. Increases blood pressure**
- 8. What is recommended as the first solid food for infants due to its low allergenic potential?**
- A. Oatmeal**
 - B. Rice cereal**
 - C. Barley**
 - D. Banana puree**
- 9. Which vitamin deficiency leads to ariboflavinosis?**
- A. Vitamin A**
 - B. Vitamin B1**
 - C. Vitamin B2**
 - D. Vitamin C**
- 10. What are the characteristic features of cheilosis related to riboflavin deficiency?**
- A. Swollen lips with cracks in the corners of the mouth**
 - B. Dry skin on the limbs**
 - C. Redness and swelling of the eyes**
 - D. Persistent mouth ulcers**

Answers

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

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Explanations

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1. What is a function of dietary fiber?

- A. To provide essential vitamins
- B. To assist with digestion and promote gut health**
- C. To serve as an energy source
- D. To increase cholesterol levels

Dietary fiber plays a crucial role in the digestive system and is essential for maintaining gut health. It helps to promote regular bowel movements by adding bulk to the stool, which facilitates its passage through the intestines. This action can prevent constipation and contribute to a lower risk of developing gastrointestinal disorders such as diverticulitis. Moreover, certain types of dietary fiber, particularly soluble fiber, can aid in regulating blood sugar levels by slowing down the absorption of sugar, thereby improving overall glucose control. Additionally, fibers can contribute to a feeling of fullness, which can help with weight management. The presence of fiber in the diet is also linked with beneficial effects on gut microbiota, promoting the growth of healthy bacteria that are crucial for overall digestive health. In contrast, the other options mention functions that do not align with the primary roles of dietary fiber. Essential vitamins are typically found in fruits, vegetables, and grains but are not provided by fiber. Fiber itself does not serve as an energy source, as it is not digested and absorbed like other macronutrients. Finally, dietary fiber can actually help to lower cholesterol levels rather than increase them, particularly soluble fiber found in oats and legumes, which can bind to cholesterol in the digestive system and help excrete it from the

2. What does the glycemic index measure?

- A. Food portion sizes
- B. The energy content of foods
- C. How quickly foods raise blood glucose levels**
- D. Vitamin content of foods

The glycemic index is a ranking system for carbohydrates based on their immediate effect on blood sugar levels after consuming them. Foods with a high glycemic index cause a rapid increase in blood glucose levels, while those with a low glycemic index result in a slower, more gradual rise. This measurement is particularly important for individuals managing conditions such as diabetes, as it helps to inform choices that can lead to better blood sugar control. Understanding the glycemic index aids in selecting foods that stabilize blood sugar levels, making it a critical concept in nutrition and dietary planning. The focus on how quickly foods raise blood glucose levels is essential for promoting overall health and managing energy levels effectively throughout the day.

3. Which type of fiber is beneficial for lowering cholesterol levels?

- A. Insoluble fiber
- B. Soluble fiber**
- C. Both types of fiber
- D. No fiber type lowers cholesterol

Soluble fiber is recognized for its beneficial effects on lowering cholesterol levels. It has the unique ability to dissolve in water, forming a gel-like substance in the digestive tract. This gel can bind to cholesterol and bile acids, facilitating their excretion from the body. When soluble fiber is consumed, it can help reduce the amount of cholesterol circulating in the bloodstream, ultimately leading to improved heart health and lower LDL cholesterol levels. In contrast, while insoluble fiber plays a crucial role in promoting digestive health by adding bulk to stool and aiding in bowel regularity, it does not have the same cholesterol-lowering effects as soluble fiber. Therefore, the emphasis on the impact of fiber types on cholesterol levels specifically highlights the importance of soluble fiber in achieving this health benefit.

4. How do phytochemicals benefit human health?

- A. They are primarily sources of energy
- B. They can enhance flavor in food
- C. They have antioxidant properties and may help prevent chronic diseases**
- D. They are unnecessary once a balanced diet is achieved

Phytochemicals are compounds found in plants that have been shown to offer various health benefits, particularly through their antioxidant properties. Antioxidants help neutralize free radicals in the body, which can damage cells and lead to chronic diseases such as heart disease, diabetes, and cancer. By protecting against oxidative stress, phytochemicals contribute to the prevention of these conditions, making option C the accurate choice. Additionally, many phytochemicals possess anti-inflammatory, immune-boosting, and even antimicrobial properties, further supporting overall health. Their presence in a balanced diet, often obtained through a variety of fruits, vegetables, whole grains, and legumes, emphasizes the importance of these compounds in promoting long-term well-being and disease prevention. The other options do not highlight these critical health benefits. While phytochemicals can enhance flavor in food, that aspect alone does not encapsulate their significance in nutrition and health. Also, they are not primarily sources of energy; instead, they play complementary roles alongside macronutrients. Lastly, suggesting phytochemicals are unnecessary once a balanced diet is achieved overlooks their specific health-promoting capabilities that go beyond basic nutrition.

5. Which of the following can indicate malnutrition in older adults?

- A. Regular healthcare visits**
- B. Eating dessert daily**
- C. Loss of physical function**
- D. Social interactions**

Loss of physical function is a significant indicator of malnutrition in older adults. As individuals age, nutritional deficiencies can lead to weakness, decreased mobility, and an overall decline in physical capability. When older adults are not receiving adequate nutrition, it can affect muscle mass, strength, and endurance, ultimately impairing their ability to perform daily activities. This loss of function often acts as a warning sign that nutritional intake may be insufficient, emphasizing the importance of proper nutrition for maintaining health and wellness in older adults. In contrast, regular healthcare visits, eating dessert daily, and social interactions may not directly indicate malnutrition. While they are important aspects of health and well-being, they do not necessarily reflect nutritional status in the same way that physical functionality does. Maintaining or improving physical function is closely tied to adequate nutritional intake, making it a critical indicator of malnutrition in this population.

6. Which mineral is primarily responsible for electrical charges in body fluids?

- A. Calcium**
- B. Sodium**
- C. Electrolytes**
- D. Magnesium**

The correct answer highlights the role of electrolytes in maintaining electrical charges within body fluids. Electrolytes are minerals that dissolve in body fluids and dissociate into charged ions, which are essential for various physiological processes, including nerve conduction, muscle contraction, and maintaining fluid balance. While sodium is a key electrolyte that significantly contributes to maintaining electrical gradients across cell membranes and is crucial for nerve and muscle function, it is just one of several electrolytes. Other important electrolytes include potassium, calcium, magnesium, and chloride. Therefore, when considering the term "electrolytes" in a broader context, it encapsulates all the minerals that contribute to electrical charges in body fluids, making it the most comprehensive answer in this scenario. In summary, the selection of "electrolytes" as the primary answer is justified due to its encompassing nature, as these charged ions collectively enable the proper functioning of various bodily systems.

7. What is one of the effects of oxytocin after childbirth?

- A. Promotes mental alertness**
- B. Prevents bleeding**
- C. Stimulates hair growth**
- D. Increases blood pressure**

One of the notable effects of oxytocin after childbirth is its role in preventing bleeding. This hormone is crucial during and after labor, as it promotes uterine contractions. These contractions help the uterus to contract back to its normal size after delivery, which is essential in reducing the risk of postpartum hemorrhage, a serious condition that can occur due to excessive bleeding after childbirth. By facilitating these contractions, oxytocin assists in controlling blood loss and promoting overall recovery during the postpartum period. Other functions of oxytocin, such as promoting bonding and attachment between the mother and newborn, also play significant roles but do not directly address the prevention of bleeding.

8. What is recommended as the first solid food for infants due to its low allergenic potential?

- A. Oatmeal**
- B. Rice cereal**
- C. Barley**
- D. Banana puree**

Rice cereal is often recommended as the first solid food for infants largely because of its low allergenic potential. Introducing solid foods comes with concerns about allergies, and rice cereal is usually considered to be one of the least likely cereals to trigger an allergic reaction. This is particularly important as infants are beginning to explore new tastes and textures in their diet. Rice cereal is also easily digestible, making it suitable for a baby's developing gastrointestinal system. Additionally, it can be mixed with breast milk or formula to create a smooth consistency that is easier for young infants to consume. The mild flavor of rice cereal also makes it a good introductory food, as it allows infants to gradually acclimate to the experience of eating solids without overwhelming their taste buds. In contrast, although oatmeal, barley, and banana puree are nutritious foods, they may not carry the same low allergenic risk that rice cereal does. Oatmeal and barley can sometimes be more fibrous or difficult to digest for younger infants. Additionally, some infants may have sensitivities or allergies to certain grains or fruits, making rice cereal a preferred choice for early complementary feeding.

9. Which vitamin deficiency leads to ariboflavinosis?

- A. Vitamin A
- B. Vitamin B1
- C. Vitamin B2**
- D. Vitamin C

Ariboflavinosis is a condition caused specifically by a deficiency of riboflavin, which is vitamin B2. This vitamin plays a crucial role in the body's production of energy. It is a key component of coenzymes that are involved in various metabolic processes, including the metabolism of carbohydrates, fats, and proteins. Symptoms of ariboflavinosis can include sore throat, redness and swelling of the lining of the mouth and throat, cracks or sores on the outsides of the lips (cheilosis) and at the corners of the mouth (angular stomatitis), inflammation and redness of the tongue (magenta tongue), and a range of other symptoms related to poor energy metabolism. Since riboflavin is water-soluble, it is not stored in the body, making a regular dietary intake essential to prevent deficiency. The other vitamins listed—A, B1, and C—are related to different health issues and deficiencies. Vitamin A deficiency can lead to vision problems, particularly night blindness, while vitamin B1 deficiency is associated with conditions like beriberi and Wernicke-Korsakoff syndrome. Vitamin C deficiency results in scurvy, characterized by symptoms such as fatigue, swollen gums, and joint pain

10. What are the characteristic features of cheilosis related to riboflavin deficiency?

- A. Swollen lips with cracks in the corners of the mouth**
- B. Dry skin on the limbs
- C. Redness and swelling of the eyes
- D. Persistent mouth ulcers

Cheilosis, often associated with riboflavin deficiency, is characterized by swollen lips and cracks in the corners of the mouth, also known as angular cheilitis. This condition occurs when there is inadequate riboflavin intake, which is crucial for various metabolic processes in the body, including maintaining healthy skin and mucous membranes. Riboflavin plays a significant role in the maintenance of cellular health, and its deficiency can lead to impaired function of the tissues in the oral cavity, resulting in inflammation and the cracking of the skin at the corners of the mouth. This symptom is particularly indicative of riboflavin deficiency because other micronutrient deficiencies may present differently or affect other parts of the body more prominently, whereas cheilosis is a distinctive hallmark of this specific nutrient deficiency. Therefore, the features described in the correct answer accurately represent the oral manifestations resulting from a lack of riboflavin in the diet.

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://ucf-hun3011-exam3.examzify.com>

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

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