

Western Governors University (WGU) NURS2001 D440 Health and Wellness Through Nutritional Science Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which strategy helps manage thirst in a heart failure diet?**
 - A. Suck on hard candy**
 - B. Drink large amounts of water at once**
 - C. Eat salty snacks**
 - D. Skip meals**

- 2. Which factors can contribute to vitamin C deficiency?**
 - A. Smoking**
 - B. Poor nutrition**
 - C. Alcohol abuse**
 - D. All of the above**

- 3. Which description matches enteral nutrition?**
 - A. Delivery through a tube into the stomach or GI tract**
 - B. Delivery through a vein**
 - C. Delivery via inhalation**
 - D. Delivery through the skin**

- 4. The DASH diet for lowering blood pressure and LDL emphasizes which combination?**
 - A. Low sodium, low fat, low sugar**
 - B. High sodium, high fat, high sugar**
 - C. Low fiber, high sugar**
 - D. High protein, high fat**

- 5. Which of the following foods are complete proteins?**
 - A. Rice and beans**
 - B. Corn**
 - C. Egg, meat, cheese, meat, poultry, fish, soy**
 - D. Bananas**

- 6. Parenteral nutrition is defined as nutritional feeding delivered through which route?**
 - A. The vein (IV)**
 - B. The stomach**
 - C. Oral intake**
 - D. Rectum**

- 7. Pellagra is caused by deficiency of which vitamin?**
- A. Vitamin B3**
 - B. Vitamin B6**
 - C. Vitamin B2**
 - D. Vitamin B12**
- 8. Dysphagia increases risk for malnutrition. Which patient would be most at risk?**
- A. Individual with Dysphagia**
 - B. Athlete**
 - C. Toddler with no illness**
 - D. Healthy adult**
- 9. The feed temperature should be what to minimize cramps?**
- A. Room temperature**
 - B. Cold**
 - C. Hot**
 - D. Frozen**
- 10. Which vitamin is also known as folic acid and is abundant in green leafy vegetables and legumes?**
- A. Vitamin B9**
 - B. Vitamin B6**
 - C. Vitamin B2**
 - D. Vitamin B3**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which strategy helps manage thirst in a heart failure diet?

- A. Suck on hard candy**
- B. Drink large amounts of water at once**
- C. Eat salty snacks**
- D. Skip meals**

In a heart failure diet, controlling fluid intake is essential to prevent edema and extra workload on the heart. To manage thirst without adding fluids, non-fluid oral stimuli are used. Sucking on hard candy provides flavor and stimulates saliva, giving a sense of relief from thirst while adding negligible fluids. Drinking large amounts of water at once would push you over the fluid limit and could worsen symptoms. Salty snacks tend to increase thirst and can raise fluid retention. Skipping meals doesn't address thirst and could lead to energy or nutrient issues. So, hard candy is the best option to ease thirst within a fluid-restricted plan.

2. Which factors can contribute to vitamin C deficiency?

- A. Smoking**
- B. Poor nutrition**
- C. Alcohol abuse**
- D. All of the above**

Vitamin C deficiency occurs when intake falls short of what the body needs or when its use is increased or its absorption is compromised. Smoking raises oxidative stress in the body, which drives up the demand for vitamin C and leads to faster depletion of its stores; as a result, smokers tend to have lower vitamin C levels and often require a higher intake to maintain adequate status. Poor nutrition directly reduces intake because foods rich in vitamin C, like fruits and vegetables, may be limited, increasing the risk of deficiency. Alcohol abuse is frequently linked to poor overall dietary quality and can affect digestion, absorption, and metabolism of nutrients, including vitamin C, further lowering its availability in the body. Since each scenario can contribute to insufficient vitamin C, all of the factors listed can lead to deficiency.

3. Which description matches enteral nutrition?

- A. Delivery through a tube into the stomach or GI tract**
- B. Delivery through a vein**
- C. Delivery via inhalation**
- D. Delivery through the skin**

Enteral nutrition uses the gastrointestinal tract to deliver nutrients, typically through a feeding tube placed in the stomach or another part of the GI tract. This description—delivery through a tube into the stomach or GI tract—fits enteral nutrition because it delivers calories and nutrients directly into the gut for digestion and absorption. It's chosen when the gut is functional but the patient can't eat or swallow safely, and it helps maintain gut integrity and immune function while usually being safer and more cost-effective than intravenous nutrition. In contrast, delivering nutrients through a vein is parenteral nutrition, and providing nutrients by inhalation or through the skin isn't a method for delivering nutrition via the GI tract.

4. The DASH diet for lowering blood pressure and LDL emphasizes which combination?

- A. Low sodium, low fat, low sugar**
- B. High sodium, high fat, high sugar**
- C. Low fiber, high sugar**
- D. High protein, high fat**

Reducing sodium intake is central to the DASH approach for lowering blood pressure, and pairing that with foods that are low in saturated fat and added sugars supports both blood pressure and LDL management. The DASH pattern focuses on plenty of fruits, vegetables, and low-fat dairy, plus lean proteins, which naturally keeps fat intake and added sugars modest while delivering nutrients like potassium, magnesium, and calcium that aid blood pressure control. A combination that emphasizes listening to sodium, while choosing low-fat options and limiting added sugars, best fits these goals and aligns with how DASH seeks to improve both hypertension and cholesterol. High sodium would raise blood pressure; choices that are high in fat or high in added sugars don't align with DASH's emphasis on heart-healthy fats and reduced sugar intake; plans low in fiber but rich in sugar or those high in protein and fat without the DASH emphasis on plant-based, low-saturated-fat foods don't fit the diet as described.

5. Which of the following foods are complete proteins?

- A. Rice and beans**
- B. Corn**
- C. Egg, meat, cheese, meat, poultry, fish, soy**
- D. Bananas**

Complete proteins provide all nine essential amino acids in adequate amounts. Animal-derived foods—eggs, meat, cheese, poultry, and fish—are classic complete protein sources because they supply the full spectrum of essential amino acids. Soy is also considered a complete protein among plant sources. Rice and beans, while they can form a complete amino acid profile when eaten together, are not a single food item that supplies all essentials on its own. Corn does not provide all nine essential amino acids in sufficient amounts, and bananas offer little protein overall. Therefore, the foods that are complete proteins are eggs, meat, cheese, poultry, fish, and soy.

6. Parenteral nutrition is defined as nutritional feeding delivered through which route?

- A. The vein (IV)**
- B. The stomach**
- C. Oral intake**
- D. Rectum**

Parenteral nutrition means delivering nutrients directly into the bloodstream through the veins, bypassing the digestive tract. This route is used when the gut cannot absorb nutrients or is not functional, so nutrients are given via IV (often through a central venous catheter). In contrast, feeding that goes into the stomach or through the mouth is enteral nutrition, and rectal feeding is not the parenteral route.

7. Pellagra is caused by deficiency of which vitamin?

- A. Vitamin B3**
- B. Vitamin B6**
- C. Vitamin B2**
- D. Vitamin B12**

Pellagra arises from a deficiency of niacin, which is vitamin B3. Niacin is needed to form the coenzymes NAD and NADP, essential for numerous oxidation-reduction reactions in energy metabolism. When niacin is low, or when tryptophan (a niacin precursor) isn't adequately available or converted, tissues can't perform these reactions effectively. This leads to the classic symptoms: a dermatitis that worsens in sun-exposed areas, persistent diarrhea, and cognitive or neurological changes that can progress to dementia. If not corrected, it can be fatal. Other B vitamins have different roles: for example, B6 supports amino acid metabolism and neurotransmitter synthesis, B2 (riboflavin) is part of FAD and FMN for redox reactions, and B12 is crucial for DNA synthesis and nerve health. Their deficiencies produce different clinical pictures rather than pellagra.

8. Dysphagia increases risk for malnutrition. Which patient would be most at risk?

- A. Individual with Dysphagia**
- B. Athlete**
- C. Toddler with no illness**
- D. Healthy adult**

Difficulty swallowing limits safe oral intake, which raises malnutrition risk. When swallowing is impaired, meals take longer, people may need texture-modified foods or thickened liquids to avoid choking, and some may eat less due to fear or discomfort. This can lead to reduced overall caloric and protein intake and possible dehydration, all contributing to malnutrition. In contrast, an athlete, a toddler with no illness, or a healthy adult typically do not have swallowing problems, so their risk of malnutrition from swallowing issues is not present. Therefore, the individual with dysphagia is most at risk because the swallowing impairment directly compromises the ability to consume enough nutrients.

9. The feed temperature should be what to minimize cramps?

- A. Room temperature**
- B. Cold**
- C. Hot**
- D. Frozen**

Feeding temperature affects how the gut handles what you're taking in. Extreme temperatures can irritate the digestive tract and trigger cramps as the stomach and intestines react to a sudden change. Room-temperature feeds are gentler because they don't introduce a sharp temperature shift. Cold feeds can provoke cramping by rapidly chilling the stomach and altering smooth muscle activity, while hot feeds can irritate the mucosa and slow motility, leading to discomfort. Freezing is far too cold and would be intolerable for most people. So, using a feed at room temperature minimizes the likelihood of cramps and improves tolerance.

10. Which vitamin is also known as folic acid and is abundant in green leafy vegetables and legumes?

- A. Vitamin B9**
- B. Vitamin B6**
- C. Vitamin B2**
- D. Vitamin B3**

Vitamin B9 is also known as folic acid. It is abundant in green leafy vegetables and legumes, and the synthetic form used in supplements and fortified foods is called folic acid. In the body, folate acts as a coenzyme in one-carbon transfer reactions that are essential for DNA synthesis and cell division, making it especially important during periods of rapid growth and early pregnancy to support fetal neural tube development. Meeting folate needs through leafy greens and legumes helps support these critical processes, and intake may be boosted by fortified foods or supplements when necessary. Other B vitamins have different roles and are not referred to as folic acid.

SAMPLE

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://wgu-nurs2001d440.examzify.com>

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

SAMPLE