

Sample Assessment Items

A series of sample test items is provided below. These items are not intended to serve as a study mechanism, but to familiarize candidates with the format, style and structure of the items that can be expected on the tests. Always choose the one **BEST** answer.

1. Wellness is defined as
- the absence of illness or physical and mental disability.
 - the balance of physical activity, mental, positive attitudes, and spiritual health.
 - integrating emotional, mental, physical, social, spiritual, and economic well-being.
 - being absent of health disparities and chronic illness.

ANS: C DIF: 2 OBJ: 1A

2. Which of the following is an example of a social factor that does **NOT** affect nutrition and body weight?
- Eating fast food
 - Attending church
 - Fewer home cooked meals
 - Watching television

ANS: B DIF: 1 OBJ: 1B

3. Simone is a 16-year old high school freshman. Her mother wants to make sure that Simone is getting daily adequate nutrition. Which of the following nutrients is generally **NOT** a nutrient that Simone's mother should be concerned about during her daughter's adolescence?
- Vitamin C
 - Calcium
 - Iron
 - Vitamin A

ANS: A DIF: 2 OBJ: 1C

4. Which of the following is **NOT** one of the physiological effects of regular physical activity?
- Enhances the action of insulin in the body
 - Enhances gastric motility in the intestines
 - Maintains and/or increases lean body mass
 - Decreases high-density lipoprotein cholesterol

ANS: D DIF: 3 OBJ: 1F

5. According to the Dietary Guidelines for Americans and MyPlate, which of the following foods should you **REDUCE** for a healthier eating plan?
- Fat-free milk, sugary drinks, and whole grains
 - Sugary drinks, saturated fats, and high-sodium foods
 - Whole grains, citrus fruits, and low-fat yogurt
 - Vegetables, lean protein, and saturated fats.

ANS: B DIF: 2 OBJ: 1E

6. What is one role that vitamin A does **NOT** play in the human body?

- a. Making proteins which promote blood coagulation.
- b. Acting as an antioxidant and scavenging free radicals.
- c. Maintaining and regulating a healthy immune system.
- d. Maintaining healthy vision, including night vision.

ANS: A DIF: 2 OBJ: 2A

7. Healthier fat sources include canola oil and

- a. butter.
- b. lard.
- c. margarine.
- d. olive oil.

ANS: D DIF: 1 OBJ: 2C

8. Safe refrigerator food storage requires following which food safety principle?

- a. Place foods in the refrigerator after the hot foods cool.
- b. Wrap or cover all foods before storing them.
- c. Use deep dishes to store the hot foods.
- d. Keep the refrigerator temperature around 50°F.

ANS: B DIF: 1 OBJ: 3A

9. The **PRIMARY** purpose for setting new lifestyle goals and developing behavior-change contracts is to

- a. achieve and maintain a healthy weight and BMI.
- b. provide negative consequences for breaking the contract.
- c. make positive changes for improved personal health.
- d. reduce the negative effects of risk-taking behaviors.

ANS: C DIF: 3 OBJ: 5D

10. Joe is planning a week's menu for adults at his work cafeteria. What is the recommended number of ounces of cooked seafood should Joe include in the week's menu?

- a. 2-3 ounces
- b. 4-6 ounces
- c. 8-10 ounces
- d. 12 - 14 ounces

ANS: C DIF: 2 OBJ: 4B

11. Rosa is a stay-at-home mom who generally prepares the majority of meals for her household. Even though she always prepares meals that offer enough calories and nutrients for her family of four, she tends to make the same meals again and again.

Which one of the characteristics of a healthy diet is Rosa **NOT** incorporating into her meal planning?

- a. Adequacy
- b. Balance
- c. Moderation
- d. Variety

ANS: D DIF: 2 OBJ: 4D

12. Brooke is a single parent of a young son. She has been having trouble being able to afford to purchase food.

Which practice will provide Brooke the **LOWEST** cost for healthy foods?

- a. Shop every day for fresh food.
- b. Purchase packaged foods with coupons.
- c. Plan each week's meals based on food ads.
- d. Purchase sodas and snacks when on sale.

ANS: C DIF: 3 OBJ: 4E

13. Fruits and vegetables are generally lower cost when they are in season. Which answer correctly identifies fresh fruits and vegetables for that season?

- a. Winter - kale, collard greens, oranges and corn
- b. Spring - peas, kiwi fruit, greens, and blueberries
- c. Summer - kale, green beans, peaches and Brussels sprouts
- d. Fall - broccoli, kale, beets, apples, and cabbage

ANS: D DIF: 2 OBJ: 4E

14. Dietary supplements

- a. are reviewed and approved by the FDA before being marketed.
- b. are tested by the FDA for safety before being marketed.
- c. have no rules to limit the amount of a nutrient contained in them.
- d. must meet federal guidelines for purity and composition before sold.

ANS: C DIF: 2 OBJ: 2E

15. Although most people get the nutrients they need from food, certain groups of people do benefit from taking supplements. Which of the following is **NOT** a recommended vitamin or mineral supplementation?

- a. Vitamin B12 supplements for elderly individuals or vegans
- b. Multivitamin supplements for people on prolonged energy-restricted diets
- c. Vitamin C supplements for young children and adolescents
- d. Calcium and vitamin D supplements for people at risk for low bone mass

ANS: C DIF: 3 OBJ: 2E

16. All of the following would be good advice for someone who is trying to gain weight, **EXCEPT**

- a. eat an additional 500 to 1,000 kcal a day from nutrient dense foods.
- b. skip everyday physical activity to avoid burning calories.
- c. eat more frequent meals and snacks during the day.
- d. eat approximately 25 to 35% of his or her kilocalories from fat.

ANS: B DIF: 2 OBJ: 2F

17. Which of the following is **NOT** a potential source of contamination from *Clostridium botulinum*?

- a. Split or pierced bulging canned foods
- b. Foods improperly canned at home
- c. Raw or unprocessed honey
- d. Unpasteurized or raw milk

ANS: D DIF: 2 OBJ: 3D

18. The process that uses gamma rays to eliminate harmful bacteria is

- a. irradiation.
- b. aseptic packaging.
- c. genetic modification.
- d. pasteurization.

ANS: A DIF: 1 OBJ: 4F

19. Anna is designing a test for her students completing a nutrition and wellness course. Which of the following types of questions should she include to test at a **HIGHER** skills hierarchy?

- a. Factual knowledge
- b. Comprehension
- c. Application
- d. Synthesis

ANS: D DIF: 2 OBJ: 5B

20. Which of the following is the **BEST** strategy to determine if learners can apply nutrition principles?

- a. Multiple-choice test
- b. Pre-test
- c. Post-test
- d. Case study

ANS: D DIF: 2 OBJ: 5B