

National Organization of Blacks in Dietetics and Nutrition

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Registered Dietitian Exam Study Session

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Disclaimer: The views expressed by the presenter are
their own and are not necessarily those of the
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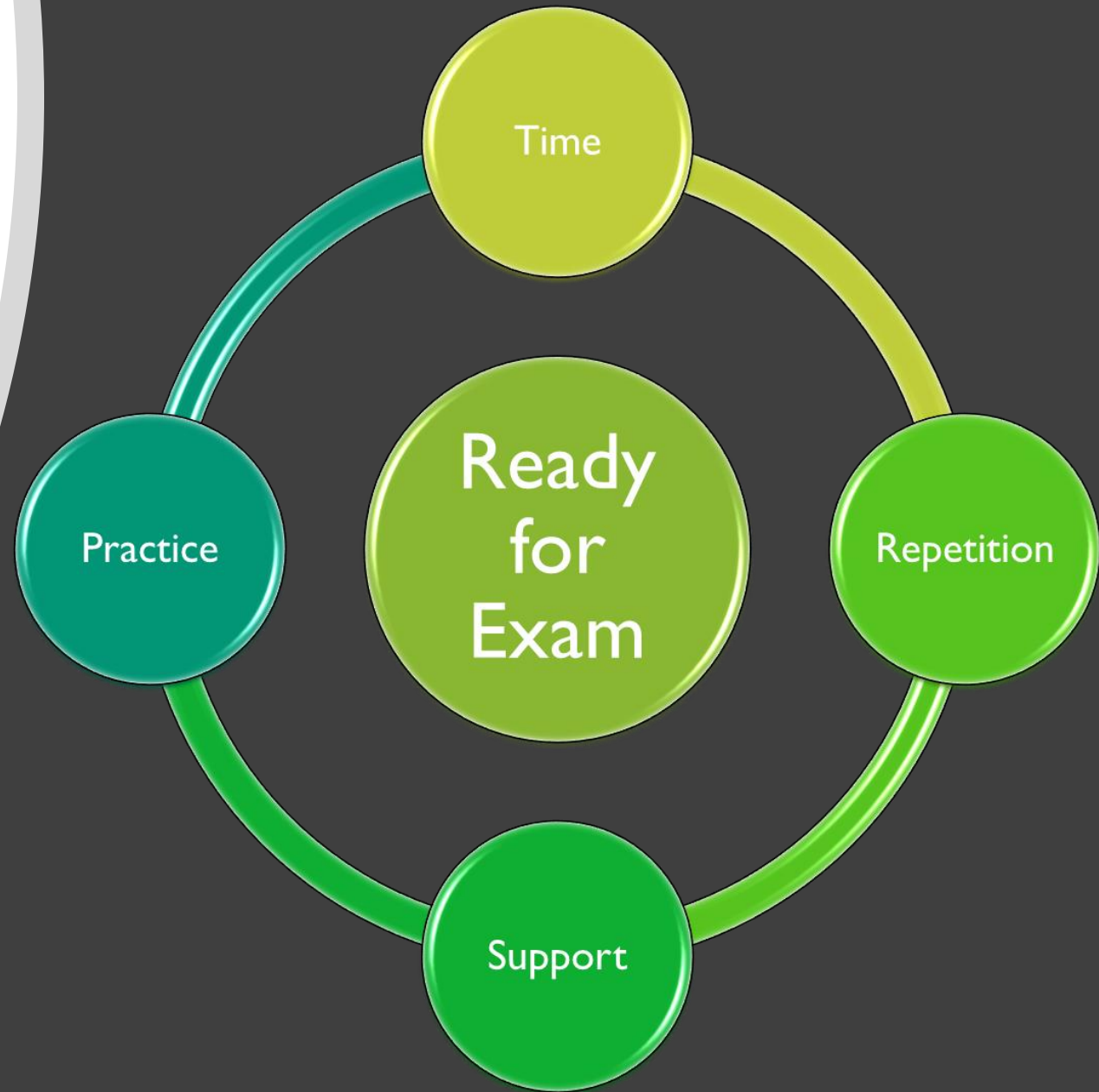


Disclosure

- Lauren Brady and Laura Sexton are the Co-Founders of Sage Nutrition Associates

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Nuts and Bolts

- Domain Break-Down
 1. Principles of Dietetics – 25%
 2. Nutrition Care for Individuals and Groups – 40%
 3. Management of Food and Nutrition Programs and Services – 21%
 4. Food Service Systems – 14%
- Exam Length
 - 20-minute intro tutorial
 - 2.5 hours in time length
 - 10-minute post-survey

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Mindset

- Get Focused “Eye of the Tiger”
 - Imagine yourself passing the exam, sitting in the test center and taking the exam.
 - Positive affirmations – write 10, repeat them daily to yourself.
 - I am looking forward to passing the RD exam!
 - I am completely worthy of passing the RD exam!
 - I am excited to take and pass the RD exam!
 - Don’t compare your journey to anyone else’s journey

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Study Strategies

- 1.5-3 months
- 100 study hours
- More time studying= higher score
- 10-12 h per week for 8 weeks

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eat right. Academy of Nutrition
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Study Strategies

- Create a study calendar
- Focus on concepts you don't know well
- Study fresh – am is best
- Chunking – 25-minute study times
- Recall – say concepts out loud after study session to see how much you truly remember.
- Do not memorize questions
- Low information diet
- Use terms you are studying in everyday conversation
- Teach concepts to other people
- Make your own notecards

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What Tools Do You Recommend?

- Textbooks
- Sample questions
- CDR
- Pocket Prep
- Exam Review Guide

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Free Materials

- RD Exam Study Suite – www.sagerdn.com/resource/
- Math Fundamental for Dietetics – free modules
 - Available Late October
- 3-day preview of Eat Right Pro
- RD pocket prep – free question of the day, 10 free questions

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If Failure Occurs

- If failure does occur, must wait 45 days to take again.
 - Regroup
 - Refocus
 - Reevaluate

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Method of breaking down the test questions

- Key words
 - First
 - Primary
 - Before
 - After
- Type of question
 - Knowledge-based
 - Situational
 - 2-concept

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Test Your Knowledge

A patient with phenylketonuria needs to supplement:

- A. Cystine
 - B. Tyrosine
 - C. Lysine
 - D. Arginine
- Tyrosine – phenylalanine is the precursor in tyrosine synthesis

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Test Your Knowledge

- A foodservice director is reviewing financials for the dining hall and they need to determine the break-even point based on the most current data. The following information is given: Fixed Costs: \$25,000
Variable Costs: \$65,000 Sales = \$100,000
What is the break-even point for the dining hall?
 - A. \$54,188.32
 - B. \$58,786.25
 - C. \$67,224.05
 - D. \$71,428.57

Answer D. $FC / (1 - (VC/SP)) = BE$ \$ 25,000 / (1 - (65,000/100,000)) 25,000 / (1 - 0.65)
25,000 / 0.35 = \$71,428.57

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Test Your Knowledge

- A catering company is selling sandwiches at a nutrition expo. A booth rental is \$500.00. The food and labor cost for each sandwich is \$3.00. The sales price for each sandwich for \$8.00. How many sandwiches must be sold to break-even?
 - A. 100
 - B. 125
 - C. 150
 - D. 200

Answer A. $FC/SP - VC = BE \text{ units}$ $500.00/8.00 - 3.00 = BE \text{ units}$ $500.00/5.00 = 100 \text{ units}$
(or sandwiches needed to break-even).

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Questions?

