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Question: 35

A hospital coffee shop has monthly sales of \$26,892. The coffee shop's monthly expenses are as follows: Cost of sales = \$10,825 Salaries = \$8,597 FICA = \$2,150 Supplies = \$1,975 Utilities = \$2,345 What is the coffee shop's profit margin for the month?

- A. 2%
- B. 4%
- C. 6%
- D. 8%

Answer: B

The coffee shop's profit margin for the month is 4%, as calculated below: Net profit = monthly sales - (cost of sales + salaries + FICA + supplies + utilities) Net profit = \$26,892 - (\$10,825 + \$8,597 + \$2,150 + \$1,975 + \$2,345) Net profit = \$1,000 Profit margin = net profit / sales Profit margin = \$1,000 / \$26,892 Profit margin = 0.037 ~ 0.04 = 4%

Question: 36

The requirement for dietary sodium:

- A. Has been well-established through use of dose-response trials
- B. Is higher among pregnant women than non-pregnant women
- C. May vary with physical exertion and health status
- D. All of the above

Answer: C

The requirement for dietary sodium may vary with physical exertion and health status, increasing with exercise and some metabolic disorders such as cystic fibrosis. Sodium needs in the general population are not well understood, and there is insufficient evidence to suggest that they are higher among pregnant versus non-pregnant women.

Question: 37

Dietary zinc may promote wound healing by which of the following mechanisms?

- A. Promotes epithelial cell differentiation
- B. Reduces the inflammatory response
- C. Prevents oxidation of lipids in cell membranes
- D. Increases collagen synthesis

Answer: D

Dietary zinc may promote wound healing by increasing collagen synthesis at the site of the wound. Collagen synthesis is essential for tissue repair.

Question: 38

Low-salt syndrome may be caused by:

- A. Extreme sodium restriction due to congestive heart failure
- B. Decreased glomerular filtration rate
- C. Adrenal gland insufficiency
- D. All of the above

Answer: D

Low-salt syndrome is occasionally seen in individuals with congestive heart failure who are being treated with severe sodium restriction. It may also be caused by decreased glomerular filtration rate in renal disease, and by adrenal gland insufficiency, both of which affect the body's ability to retain sodium.

Question: 39

Problems encountered in delivering nutrition services to migrant populations include:

- A. Lack of portable medical records
- B. Limited access to referral systems
- C. Absence of continuity of care
- D. All of the above

Answer: D

Problems encountered in delivering nutrition services to migrant populations include lack of portable medical records, limited access to referral systems, and absence of continuity of care. Because migrant populations move often to different geographical locations, it is difficult to track and contact them using traditional methods.

Question: 40

Which of the following is true for reactive hypoglycemia?

- A. It is defined as a plasma glucose level less than 70 mg/dl.
- B. It is treated with a diet high in complex carbohydrates.
- C. It is diagnosed by measuring blood glucose levels one hour after eating.
- D. Peak insulin activity occurs 90-180 minutes after food is eaten.

Answer: D

In reactive hypoglycemia peak insulin activity occurs 90-180 minutes after food is eaten, vs. the normal insulin response which occurs 30-60 minutes after eating. Reactive hypoglycemia is defined as a plasma glucose level than 50 mg/dl, is treated with a moderate carbohydrate (40 to 55%) diet, and is diagnosed by measuring blood glucose levels immediately after eating.

Question: 534

When considering food service equipment maintenance, which of the following practices is essential for ensuring compliance with health and safety regulations?

- A. Performing routine preventative maintenance and inspections.
- B. Cleaning equipment only when it appears dirty.
- C. Relying on staff to report any equipment malfunctions.
- D. Using equipment until it completely fails.

Answer: A

Explanation: Routine preventative maintenance and inspections are crucial for compliance with health and safety regulations, ensuring that equipment operates safely and effectively.

Question: 535

In a collaborative effort to promote physical activity and healthy eating among children, a dietetic technician develops a school-based initiative. Which strategy would most effectively integrate nutrition education into physical activity programs?

- A. Incorporating nutrition lessons into physical education classes
- B. Offering separate sessions for nutrition education and physical activity
- C. Distributing educational materials only during health fairs

D. Hosting a competition for the best healthy recipe among students

Answer: A

Explanation: Incorporating nutrition lessons into physical education classes allows for a holistic approach that reinforces the connection between physical activity and healthy eating.

Question: 536

A patient in a long-term care facility has been diagnosed with dysphagia. To ensure safe and adequate nutrition, which of the following interventions is most critical to implement?

- A. Provide regular textured diets to promote independence
- B. Serve all foods at room temperature for easier swallowing
- C. Encourage the patient to eat quickly to reduce aspiration risk
- D. Implement thickened liquids and pureed diets as prescribed

Answer: D

Explanation: Implementing thickened liquids and pureed diets is essential for patients with dysphagia to minimize the risk of aspiration and ensure they receive adequate nutrition safely.

Question: 537

Which public health nutrition program is specifically designed to address the nutritional needs of pregnant and postpartum women, infants, and young

children in the U.S.?

- A. National School Breakfast Program
- B. Women, Infants, and Children (WIC) Program
- C. Farmers' Market Nutrition Program
- D. Supplemental Nutrition Assistance Program (SNAP)

Answer: B

Explanation: The Women, Infants, and Children (WIC) Program is specifically designed to meet the nutritional needs of pregnant and postpartum women, infants, and young children, providing them with essential resources and education.

Question: 538

A 30-year-old female patient presents with symptoms of fatigue and hair loss. Upon assessment, her diet reveals low intake of iron-rich foods. Which of the following dietary recommendations would best address her symptoms considering her current diet?

- A. Incorporate more citrus fruits to enhance iron absorption
- B. Increase intake of dairy products for calcium
- C. Recommend a vegetarian diet high in legumes and grains
- D. Suggest iron supplementation without dietary changes

Answer: A

Explanation: Increasing citrus fruits helps enhance iron absorption from plant-based sources, which can be beneficial for a patient with symptoms related to iron deficiency, rather than relying solely on supplements or dietary restrictions.

Question: 539

Which of the following nutrients is most likely to be deficient in a strictly vegan diet, particularly in the context of a growing adolescent?

- A. Vitamin B12
- B. Vitamin D
- C. Calcium
- D. Iron

Answer: A

Explanation: Vitamin B12 is primarily found in animal products, making it a common deficiency in vegan diets. It is crucial for nerve function and the production of DNA and red blood cells.

Question: 540

A hospital's food service department is experiencing a high turnover rate among staff, leading to inconsistent meal preparation quality. What should be the primary intervention to address this issue?

- A. Increase wages across the board for all staff
- B. Implement a comprehensive training program for new hires
- C. Offer flexible scheduling to improve work-life balance
- D. Limit the number of menu items to simplify preparation

Answer: B

Explanation: Implementing a comprehensive training program for new hires ensures that all staff are equipped with the skills and knowledge needed to maintain quality in meal preparation. This approach can improve consistency and job satisfaction.

Question: 541

After a recent inspection, a food production facility was cited for inadequate sanitation practices. What immediate action should the facility take to ensure compliance and improve sanitation standards?

- A. Schedule additional cleaning staff shifts
- B. Review and update sanitation policies and procedures
- C. Reduce production volume temporarily
- D. Increase the number of menu items offered

Answer: B

Explanation: Reviewing and updating sanitation policies and procedures is essential for ensuring that all staff understand and can comply with the required standards, thereby improving overall sanitation.

Question: 542

A patient recently diagnosed with hyperlipidemia is seeking dietary advice. Which of the following dietary modifications would be the most effective in lowering LDL cholesterol levels?

- A. Incorporate more soluble fiber-rich foods
- B. Increase intake of saturated fats
- C. Consume more processed snacks
- D. Limit all fats completely

Answer: A

Explanation: Soluble fiber can help lower LDL cholesterol levels by binding to cholesterol in the digestive system, making it an effective dietary modification for this condition.

Question: 543

Which aspect of financial management is essential for ensuring that a food service operation can meet its short-term obligations while also planning for long-term sustainability?

- A. Capital budgeting
- B. Working capital management
- C. Variance analysis
- D. Financial forecasting

Answer: B

Explanation: Working capital management is essential for ensuring that a food service operation can meet its short-term obligations while also planning for long-term sustainability.

Question: 544

Which of the following budgeting methods would provide the most accurate forecast for a food service operation's financials over the next fiscal year?

- A. Incremental budgeting based on last year's expenses
- B. Flexible budgeting that adjusts to changes in activity levels
- C. Trend analysis based on historical sales data
- D. Zero-based budgeting that starts from a "zero base"

Answer: D

Explanation: Zero-based budgeting requires justifying all expenses for each new period, which can lead to more accurate and efficient allocation of resources, especially in dynamic food service environments.

Question: 545

Which of the following best describes the role of a food service manager in ensuring effective supply chain management within a large institutional setting?

- A. To focus solely on reducing costs for food purchases.
- B. To establish relationships with suppliers to ensure consistent quality and availability.
- C. To monitor staff performance in food preparation and service.
- D. To create marketing strategies to attract more customers.

Answer: B

Explanation: Establishing strong relationships with suppliers is crucial for ensuring consistent quality and availability of food products, which is essential for effective supply chain management.

Question: 546

A food technologist is researching the impact of food processing on nutrient retention. Which processing method is most likely to cause the greatest loss of heat-sensitive vitamins, such as vitamin C?

- A. Canning
- B. Freezing
- C. Drying
- D. Blanching

Answer: D

Explanation: Blanching, which involves briefly boiling food before cooling it, can lead to significant losses of heat-sensitive vitamins like vitamin C due to the high temperatures and water solubility of these nutrients.

Question: 547

Which of the following is a critical factor in the control of foodborne pathogens during the pasteurization of milk?

- A. Temperature
- B. pH level
- C. Both A and C
- D. Time

Answer: C

Explanation: Both temperature and time are critical factors in the pasteurization process to effectively kill pathogens in milk, ensuring its safety for consumption.

Question: 548

What is the primary advantage of a cycle menu in food service operations, particularly in institutional settings?

- A. It allows for a wide variety of food choices each day
- B. It eliminates the need for standardized recipes
- C. It enables continuous feedback from clients
- D. It simplifies inventory management and procurement

Answer: D

Explanation: A cycle menu simplifies inventory management and procurement by providing a predictable schedule of meals, which allows for better planning and reduced food waste.

Question: 549

During the aging process, which of the following factors may lead to an increased risk of malnutrition in older adults?

- A. Increased appetite and energy expenditure
- B. Decreased intestinal absorption and altered taste perception
- C. Enhanced physical activity levels

D. Improved access to nutrient-dense foods

Answer: B

Explanation: Older adults often experience decreased intestinal absorption and changes in taste perception, which can contribute to a higher risk of malnutrition if not properly addressed.

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