

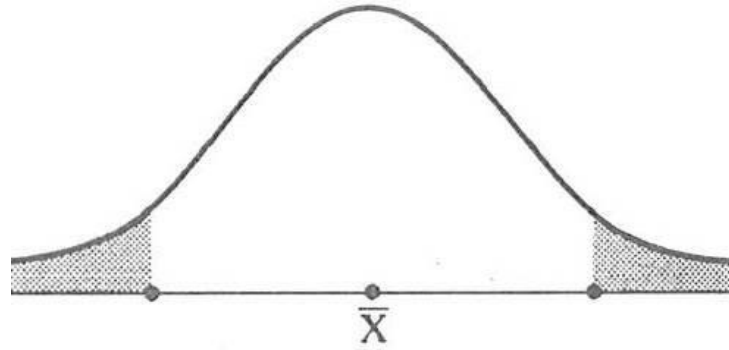
Registration Examination for Dietitians – Practice Questions

1. Using the 5-week, simple moving average method of forecasting and the data below, the dietitian will need how many servings for October 17th?

Roast Beef Special	Number of Servings Consumed
September 5	125
September 12	115
September 19	119
September 26	123
October 2	120
October 10	121

- A. 115
B. 120
C. 121
D. 125
2. A dietitian who is counseling the mother of a child with eating difficulties has evaluated needs and decided on the best alternatives for feeding. The dietitian should next:
- A. evaluate the mother's level of comprehension.
B. instruct the mother in various feeding approaches.
C. obtain a list of the child's food preferences and typical eating patterns.
D. review with the mother the ways to implement the recommended approaches.
3. During a counseling session about lowering sodium, the client states, "I have begun reading labels to identify the sodium content of foods." The client is in which of the following stages of change?
- A. Precontemplation
B. Contemplation
C. Preparation
D. Action
4. A distribution of body weights is shown on the curve below.

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Which of the following statements best describes the samples that fall within the shaded areas?

- A. They are positively skewed.
 - B. They are negatively skewed.
 - C. They indicate a bimodal distribution.
 - D. They are two standard deviations from the mean.
5. A patient has a pre-surgery serum albumin level of 3.7 mg/dl and a post-surgery level of 3.1 mg/dl. The dietitian should recognize that:
- A. a laboratory error has likely occurred.
 - B. the patient is experiencing a protein-losing enteropathy.
 - C. this is an expected response to surgical stress
 - D. the patient is experiencing severe visceral protein storage depletion.
6. An adolescent's BMI is plotted at the 90th percentile on the Centers for Disease Control and Prevention growth chart. The adolescent is:
- A. obese.
 - B. overweight.
 - C. normal weight.
 - D. at risk for overweight.
7. Which nutrition intervention is most appropriate to recommend to a patient with chronic kidney disease on hemodialysis with the following labs: albumin: 2.8 g/dL, calcium: 8.4 mg/dL, potassium: 5.5 mEq/L, phosphorus : 4.8 mg/dL, and BUN : 50 mg/dL ?
- A. Check vitamin D level
 - B. Decrease fluid intake
 - C. Increase protein intake
 - D. Add calcium supplement

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8. An infant with phenylketonuria requires which of the following dietary alterations as part of the nutritional treatment plan?
- A. Low-isoleucine, high-valine
 - B. High-isoleucine, low-valine
 - C. Low-phenylalanine, high-tyrosine
 - D. High-phenylalanine, low-tyrosine
9. How many FTE employees would be required to staff ten 8-hour positions that require coverage 7 days a week?
- A. 10.0
 - B. 14.0
 - C. 8.75
 - D. 15
10. Transferring a staff member who is rumored to have chronic obstructive pulmonary disease violates which of the following acts?
- A. Equal Employment Opportunity Act
 - B. Americans with Disabilities Act
 - C. Fair Labor Standards Act
 - D. Civil Rights Act

(Continue to page 4 for answers and rationales)

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Practice Questions for Dietitians Answer Key and Classification List

Item Number	Domain Classification	Answer Key
1	IV.B	B
2	I.C	C
3	I.C	C
4	I.D	D
5	II.A	C
6	II.A	B
7	II.C	C
8	II.C	C
9	III.A	B
10	III.B	B

Rationales and References

1.

RATIONALE:

A: Number consumed on second week

B: (KEY): 5-week moving average: $115+119+123+120+121= 598/5 = 119.6 = 120$

C: Averaged all six days: $125+115+119+123+120+121 = 723. 723/6=120.5=121$

D: Number consumed on first week

REFERENCE:

Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 9 th ed. Upper Saddle River, NJ: Prentice-Hall; 2017, 153.

2.

RATIONALE:

The best answer is C. Changing behavior is the goal of nutrition education. Option C demonstrates that the client has knowledge of the diet, and they can apply the knowledge to select the appropriate dinner menu. Option A is not correct because although the client is able to demonstrate knowledge of foods that must be avoided, there is no evidence to show that the client will apply the

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knowledge and avoid the 5 foods named. Option B is not correct because although the client verbalizes elements of what is known about the diet, there is no evidence to show that they are able to apply the knowledge. Option D is not correct, because although the client is able to identify foods they have had to eat and drink on the diet, there is no evidence to show that all the foods they had to eat, or drink followed the recommended diet.

REFERENCE:

Nutrition Education, 4th edition, Contento, 376-379.

3.

RATIONALE:

- A. Precontemplation: client has no intention of changing behaviors in next 6 months, resists efforts to modify behavior.
- B. Contemplation: recognize need for change, but give reasons for not starting to change
- C. Preparation: client identifies motivators, believes advantages outweigh disadvantages of change
CORRECT ANSWER
- D. Action: client has altered the behavior

REFERENCE:

Nutrition Counseling & Education, 4th edition by Bauer & Liou,19-20.

4.

RATIONALE: A normal distribution is depicted. The X-bar symbol is used in statistics to represent the arithmetic mean. A normal distribution is unimodal (one peak), and the mean, median (50th percentile), and mode (value of highest frequency) of a normal distribution are equal, meaning the distribution has zero skew. Thus, A and B are incorrect because this distribution has neither a positive nor negative skew, and C is incorrect because this distribution is not bimodal.

The correct answer is D: In a normal distribution, 95% of values fall within two standard deviations of the mean. Thus, the shaded areas represent the 5% of values that are \geq two standard deviations from the mean.

REFERENCE:

Van Horn L, Beto J. Research: Successful Approaches in Nutrition and Dietetics. 4th ed. Chicago, IL. Academy of Nutrition and Dietetics. 2019, 301.

5.

RATIONALE:

The correct answer is C. Albumin is a negative acute phase protein that decreases in response to inflammation, including in response to stress and trauma of surgery.

REFERENCE:

Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company, 1012.

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6.

RATIONALE:

Overweight BMI is >85th percentile <95th percentile, obese BMI is at or above 95th percentile. 90th percentile on the CDC growth chart - overweight category.

REFERENCE:

Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company, 357.

7.

RATIONALE:

- A. Checking vitamin D is not required with the lab values available
- B. CKD/HD patient, fluid intake with the labs as listed above does not need an adjustment
- C. **(KEY) HD patient requires increased protein intake**
- D. Calcium is within normal limits, supplement not needed

REFERENCE: Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company, 767-771.

8.

RATIONALE:

C. **(KEY)** Phenylketonuria nutritional management involves restricting the substrate -phenylalanine and supplementing the product-tyrosine due to a deficiency or inactivity of phenylalanine hydroxylase.

REFERENCE: Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company, 1003-1004.

9.

RATIONALE:

A: $10 \text{ staff} * 40 \text{ hrs/week} = 400 \text{ hours} / 10 = 10.0 \text{ FTE}$

B **(KEY):** $10 * 8 * 7 = 560 \text{ hours}; 560 / 40 = 14.0 \text{ FTE}$

C: $40/8 = 5 * 7 * 10 = 350 \text{ hours}; 350 / 40 = 8.75 \text{ FTE}$

D: $8\text{-hour positions} + 7 \text{ days} = 15.0 \text{ FTE}$

REFERENCE:

Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 9 th ed. Upper Saddle River, NJ: Prentice-Hall; 2017, 385.

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10.

RATIONALE:

A: OSHA specifies workplace safety rules.

B (KEY): ADA provides civil rights protection for people with physical or mental impairment that substantially limits one or more major life activities (e.g., working).

C: FLSA requires payment of minimum wage and overtime pay, restricts employment of children, and requires record keeping.

D: The Civil Rights Act provides remedies for intentional discrimination and harassment on the basis of race, color, religion, sex or national origin.

REFERENCE:

Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 9 th ed. Upper Saddle River, NJ: Prentice-Hall; 2017, 361-363.