

## ***NUTRITION CERTIFICATION EXAM***



Date

Name

Address

City

State

Zip Code

Country

Email

Phone number

Fax Number

**MULTIPLE CHOICE**

Select the single best answer

1. Children and adolescents are typically uneducated when it comes to nutrition and fitness; therefore it is important you, as the coach:

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- A. Allow them to discuss their needs and goals and help solve their dilemmas with the child's assistance.
- B. Tell them what is right and wrong and what to eat and what not to eat.
- C. Tell them how sugar is bad for them and too much fat will cause heart disease.
- D. Tell their parents they need to do a better job educating their children.

2. Children and adolescents are limited in their ability to make sound food choices because:

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- A. Their environment influences them
- B. They do not make their own decisions
- C. They don't know enough about nutrition
- D. A & B
- E. All of the above

3. The most important meal of the day is:

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- A. Breakfast
- B. Lunch
- C. Dinner
- D. Post workout

4. When educating children and adolescents, some suggestion(s) include:

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- A. Discuss their specific calorie needs
- B. Teach them how to read food labels
- C. Teach them about glycolysis and how carbohydrates are metabolized to provide energy to the body.
- D. A & B

5. It is now a law that all foods labels must include:

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- A. The amount of sugar alcohol in a product
- B. The amount of net carbs in a product
- C. The amount of trans fat in a product
- D. The amount of essential fatty acids in a product.

6. Calorie needs or children and adolescents are most commonly determined using:

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- A. BMI Charts
- B. National Center for Health Statistics (NCHS) growth chart
- C. Harris Benedict equation
- D. Any of the above, depending on the pediatrician and dietitian

7. The primary functions of carbohydrates in the body are:

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- A. Provide glucose for the brain
- B. Provide essential glucose acids
- C. Provide energy for working muscles
- D. A & C only
- E. All of the above

8. If children are accustomed to drinking a lot of juices, it is suggested to encourage:

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- A. Less reliance on juice and more on whole fruit
- B. Replacing some or all of the juice with water
- C. Consuming only 100% juice when it is consumed
- D. All of the above

9. There has been a dramatic increase in the following diseases in children and adolescents:

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- A. Overweight and obesity
- B. Type 2 diabetes
- C. Cardiovascular disease
- D. All of the above

10. Calorie needs during childhood and periods of growth are particularly high because of:

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- A. Muscle, blood, and bone formation
- B. The high levels of childhood activity
- C. They are not, children should be encouraged to restrict calories
- D. None of the above, only protein needs are increased during this time.

11. RDA stands for:

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- A. Recommended daily allowance
- B. Recommended daily allotment
- C. Recommended dietary allowance
- D. Recommended dietary allotment

**12.** Vitamins and minerals provide energy for the body

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- A. True because the body requires them for metabolism
- B. True because the body requires them to utilize calories
- C. False because vitamins and minerals have no calories
- D. False because you feel better when you take them

**13.** Research has suggested there is a trend to shift carbohydrate intake from more complex carbohydrates to less simple carbohydrates. This may be detrimental for a child and adolescent because:

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- A. Simple carbohydrates provide little in the way of nutrients
- B. Sugar makes kids hyperactive
- C. Simple carbohydrates provide little to no fiber
- D. A & B
- E. A & C

**14.** Meat and other animal products (eggs, milk, cheese, etc) can be important parts of the diet because they:

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- A. Are great sources of vitamin C
- B. Provide the USDA required amount of fiber per serving
- C. Provide protein, zinc, iron, and other nutrients
- D. All of the above

**15.** The RDA is the:

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- A. Highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases, the potential risk of adverse effects may increase.
- B. Average daily nutrient intake level sufficient to meet the nutrient requirement of nearly all (97 or 98%) of healthy individuals in a particular life stage and gender group
- C. Recommend average daily intake level based on observed or experimentally determine approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people
- D. Average daily nutrient intake level estimated to meet the requirement of half the healthy individuals in a particular life stage and gender group

**16.** Fiber intake recommendations for 9-18 year old boys are:

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- A. 15-25 grams/day
- B. 25-34 grams/day
- C. 35-45 grams/day
- D. 40-50 grams/day

**17.** Fiber is important for a number of reasons, including, but not limited to:

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- A. Providing rapid energy for optimal recovery after physical activity
- B. Providing sustained energy and enhanced nutrient absorption
- C. Providing an abundance of iron and amino acids
- D. A & C

**18.** Complex carbohydrates provide a high amount of:

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- A. Fiber, vitamins, and minerals
- B. Amino acids
- C. Omega-3's
- D. All of the above

**19.** Sports drinks are typically *unnecessary* for activities that:

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- A. Are less than 60 minutes
- B. Are greater than 60 minutes
- C. Are played on the cold, since you won't get dehydrated in colder temperatures
- D. None of the above, sports drinks are always necessary and better than water

**20.** When working with children and adolescents who are picky eaters, the educator should:

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- A. Insist that their performance will always suffer without eating a wide variety of foods
- B. Encourage them to try a variety of foods to truly learn if they like them or if it is a learned behavior from a parent or guardian
- C. Making eating fun and talk in language kids understand
- D. Tell them they will never be healthy if they don't eat certain foods
- E. B & C

**21.** When talking about the benefits of carbohydrates, it should be encouraged to:

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- A. Think fiber, not carbs
- B. Focus on variety
- C. Discuss consuming a variety of fruits and vegetables
- D. All of the above

**22.** Children and adolescents have higher protein needs because:

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- A. They are super active, so need to recover
- B. They are going through a tremendous anabolic period with growth and maturation
- C. They need their muscles to grow to be better athletes; protein forces muscles to grow
- D. Protein provides necessary fiber and fiber intakes are too low in children and adolescents

**23.** Because children and adolescents have higher protein needs:

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- A. They should be encouraged to add a protein supplement during the day
- B. Protein should be the focus of their diet and make up most of what they eat.
- C. They should be encouraged to eat at least 1 gram of protein per pound of body weight
- D. They should be encouraged to try a variety of protein food sources.

**24.** Essential fatty acids are “essential” because:

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- A. They cannot be produced by the body
- B. They must be consumed through the diet
- C. They are necessary for energy production and recovery
- D. A & B
- E. All of the above

**25.** Complete proteins provide:

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- A. A complete amino acid profile
- B. Amino acids in the exact proportion required for all children and adolescents
- C. All essential amino acids
- D. A & C

**26.** Complementary proteins are:

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- A. Proteins which provide all the nonessential amino acids
- B. When incomplete proteins are consumed together to meet all amino acid needs
- C. When complete proteins are consumed together to enhance amino acid consumption
- D. None of the above

**27.** Which of these nutrients provide energy?

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- A. Carbohydrates and fat
- B. Vitamins and minerals
- C. Protein
- D. A & C only
- E. All of the above

**28.** If a child or adolescent athlete is a vegetarian, it would be best to:

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- A. Talk with their parents and have them meet with a registered dietitian to ensure they are consuming adequate variety
- B. Tell them meat will make them stronger and talk with their parents to include it in the diet
- C. Mandate that they take a multivitamin and mineral supplement
- D. Tell the parent you don't agree that their child should be a vegetarian because they can't possibly get everything they need without animal protein

**29.** Vitamins are important for the body because:

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- A. They provide fuel for the brain
- B. They help young athletes recover from exercise
- C. They regular various body processes and metabolic pathways
- D. They help build and repair tissue after hard workouts

**30.** Signs and symptoms of dehydration include:

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- A. Weakness, nausea, intense thirst, and dark urine
- B. Dizziness, irrational behavior, and impaired performance
- C. Headache, fatigue, confusion
- D. All of the above

**31.** If a child or adolescent is overweight, you should:

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- A. Recommend a calorie reduced diet to jumpstart weight loss
- B. Encourage them to sit out of games they don't enjoy
- C. Encourage healthy foods, proper portions, and regular physical activity all in conjunction with a registered dietitian
- D. Send them to a dietitian and encourage weight loss before they are allowed to be physically activity

**32.** What is the minimal percentage of body weight loss before there is a negative impact on performance?

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- A. 1-2%
- B. 2-3%
- C. 3-4%
- D. 4-5%

**33.** The three *primary* categories of fat are:

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- A. Saturated, trans, and monounsaturated
- B. Saturated, monounsaturated, polyunsaturated
- C. Polyunsaturated, monounsaturated, unesterified fat
- D. Saturated, polyunsaturated, trans

**34.** If a sports drink is appropriate, how do I choose the best option?

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- A. Choose a sports drink that provides 6-8% carbohydrates or 50-80 calories per 8 oz with ~120-170 mg sodium.
- B. Just pouring some water into fruit juice is a less expensive option.
- C. Any product that includes an equal amount of carbohydrates and protein
- D. One that doesn't have sugar, but just electrolytes

**35.** Essential fatty acids are crucial for everyone, but in particular for children because they encourage:

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- A. Optimal brain and mental development
- B. Optimal physical development
- C. Adequate calorie intake
- D. A & B

**36.** Amino acids are:

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- A. The building blocks of protein
- B. Necessary for energy
- C. Important fuel for the brain
- D. All of the above

**37.** Eating breakfast daily is important because:

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- A. It helps with weight loss or weight maintenance
- B. It fuels your brain and working muscles
- C. Those who eat breakfast have higher nutrient intakes
- D. B & C
- E. All of the above



**38.** What are some quality food sources of omega-3 fats that should be encouraged for children and adolescents?

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- A. Nuts and fish
- B. Red meat, chicken, and nuts
- C. Vegetables and walnuts
- D. Eggs, dairy, and fortified omega-3 supplements

**39.** Whole grains are important because:

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- A. They're high in fiber, high in amino acids, and essential fats
- B. They're high in vitamins A and D
- C. They're high in fiber and high in B vitamins and vitamin E, and magnesium
- D. They are the only carbohydrates that have complete amino acid profiles

**40.** The single best source of protein is:

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- A. Eggs
- B. Red meat
- C. Dairy
- D. None of the above, variety is key

**41.** The recommended intake for dietary fat is less than \_\_\_\_ of total calories:

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- A. 30%
- B. 35%
- C. 25%
- D. 15%

**42.** A good way to measure the healthy weight of a child is by:

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- A. Measuring body fat levels
- B. Working with a pediatrician or dietitian to ensure they are following the growth charts for their age
- C. Weigh each child athlete you work with
- D. Assessing their diet records and making specific dietary recommendations to ensure they look the "right" way for their particular sport.

**43.** The best way to obtain all vitamin and mineral supplements is:

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- A. Through a multivitamin/mineral supplement for "insurance"
- B. From separate vitamin and mineral pills
- C. Through whole foods
- D. From fortified drinks

- 44.** To ultimately get the message out to kids that they should eat a well balanced diet and be active, it is encouraged to:
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- A. Lecture to them regularly
- B. Work with their parents as well as the kids, both independently and together
- C. Create specific meal plans with tons of variety of whole foods
- D. B & C

- 45.** A non-essential amino acids is one that:
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- A. Is synthesized in the body, so it does not need to be consumed in the diet
- B. Is not essential for health
- C. Is only found in vegetarian sources of protein, such as beans
- D. Is only found in animal proteins, such as poultry and dairy products

- 46.** The *MOST* complete breakfast foods below are:
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- A. Oatmeal with fruit and skim milk
- B. Pancakes, sausage, and fruit juice
- C. Pop tarts made with whole grains
- D. All of the above

- 47.** When educating children and adolescents athletes, one goal should be to encourage:
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- A. Fat loss to improve performance
- B. High protein diets since their needs are higher at this age and activity level
- C. A variety of nutrient dense foods
- D. Always clean their plates

- 48.** Snacking provides up to 1/3 of the calorie intake for many children. Snacking should therefore be:
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- A. Discouraged because overweight children will then have too many calories
- B. Encouraged being sure to suggest nutrient dense snacks
- C. Discouraged to make sure they have a strong appetite for meal time
- D. Encouraged because athletes metabolize snacks better than meals

- 49.** When discussing the feeling of fullness and hunger, children should:
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- A. Clean their plates
- B. Eat all of their meal so they can be rewarded with dessert
- C. Be allowed to let their feeling of hunger tell them when they are done
- D. Be told when they are full and when they are done eating

**50.** All minerals are important, but three minerals are of particular importance for children during growth spurts:

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- A. Calcium, zinc, magnesium
- B. Calcium, zinc, iron
- C. Zinc, iron, chromium
- D. Iron, chromium, magnesium

**51.** All carbohydrates are ultimately broken down into \_\_\_\_\_ which is used for energy or stored as \_\_\_\_\_.

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- A. Glucose and maltodextrin
- B. Fructose and glycogen
- C. Sucrose and maltodextrin
- D. Glucose and glycogen

**52.** Medical complications for obesity include, but aren't limited to:

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- A. Cancer, heart disease, stroke
- B. Diabetes, hypertension, depression
- C. Low self esteem
- D. A & B
- E. All of the above

**53.** Childhood and adolescent overweight and obesity are caused from:

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- A. The environment
- B. Current behaviors
- C. High fructose corn syrup
- D. Parents
- E. There is no single cause, but rather a handful of factors that play a role

**54.** Carbohydrates are crucial for optimal athletic performance because this food group:

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- A. Provides energy for the body
- B. Helps repair and rebuild tissue
- C. Provides essential amino acids
- D. Helps protect internal organs

**55.** Measuring body fat levels in children and adolescents is not encouraged because:

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- A. Setting weight requirements could negatively affect growth and development
- B. Children are going through a rapid growth period, so it may not be accurate, since the formulas utilized were designed for adults
- C. Kids should learn healthy habits vs. focusing on physical assessments
- D. All of the above

**56.** All vitamins are important, but three in particular are often underconsumed by children and adolescents:

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- A. Vitamins A, C, K
- B. Vitamins C, E, D
- C. Vitamins B<sub>6</sub>, A, C
- D. Vitamins A, D, E

**57.** Quality sources of iron include, but are not limited to:

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- A. Nuts, legumes, cereals, grains
- B. Dairy products, calcium set tofu, kale, broccoli, canned salmon with bones
- C. Spinach, red meat, chicken, fish, and beans
- D. Breads, mushrooms, oysters, and fortified cereals

**58.** Milk consumption has decreased about \_\_\_\_\_ % over the last few decades:

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- A. 20
- B. 26
- C. 32
- D. 36

**59.** Carbohydrates provide approximately how many calories per gram?

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- A. 2
- B. 4
- C. 7
- D. 9

**60.** There are \_\_\_\_\_ essential and non-essential amino acids:

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- A. 15
- B. 19
- C. 20
- D. 22

**61.** A product contains trans fat, even if it says ZERO trans fat on the label, if it lists \_\_\_\_\_ on the label:

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- A. Hydrogenated and saturated fat
- B. Polyunsaturated fat
- C. Unesterified fats
- D. Hydrogenated or partially hydrogenated oils

**62.** A simple rule(s) of thumb for eating during tournament play is/are:

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- A. As time gets closer to the competition decrease the volume of food
- B. Eat high-carbohydrate, moderate protein, low-fat meal meals prior to competition
- C. High sugar foods are good because they provide immediate energy
- D. All of the above
- E. A & B only

**63.** Some good dietary sources of calcium include:

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- A. Broccoli, dairy products, kale, canned salmon with bones
- B. Nuts, legumes, cereals, grains
- C. Breads, milk, yogurt, cheese
- D. Yogurt, cottage cheese, milk, nuts

**64.** The tolerable upper intake level is:

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- A. The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population.
- B. The recommended dosage of vitamins and minerals that all adults should consume for optimal health
- C. The optimal dose of vitamins and minerals athletes should consume because their needs vary so much from the general population
- D. The average daily nutrient intake level estimated to meet the requirements of half the healthy individuals in a particular life stage

**65.** General fluid recommendations for before “play” are:

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- A. Drink about 2 cups 2 hours before and another 2 cups 10 – 20 minutes prior to the start
- B. Drink about 1 cup 1 hour before and sip only if thirsty before play
- C. Drink about 1 cup of water every 10-15 minutes before play, starting 2 hours before
- D. Drink about 2 cups, 2 hours before play and 1 cup about 10-20 minutes immediately before

**66.** Children and adolescents should use dietary supplements if they are at the “elite” level of play for their age group:

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- A. True because a supplement may give them that “edge” to perform at their peak.
- B. True because you can’t compete at a higher level without the right supplements
- C. False because dietary supplements aren’t necessarily safe or haven’t been tested in younger age groups
- D. False because all dietary supplements are dangerous

**67.** What are the 3 primary types of carbohydrate?

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- A. Glycogen, glucose, and fiber
- B. Glycogen, fiber, and starch
- C. Fiber, starch, and whole grain
- D. Fiber, starch, and sugar

**68.** Breakfast cereals should have at least \_\_\_\_\_ grams of fiber and less than or equal to \_\_\_\_\_ grams of sugar.

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- A. 2 and 15
- B. 3 and 12
- C. 3 and 10
- D. 3 and 5

**69.** Data suggests \_\_\_\_\_ of 12-19 year olds are obese.

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- A. 5.0%
- B. 17.6%
- C. 6.5%
- D. 12.4%

**70.** If the parent of an overweight adolescent comes to you requesting help over the long term, smart weight loss strategies include:

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- A. Offering a calorie restricted diet to facilitate weight loss
- B. Encouraging higher quality foods
- C. Eating breakfast daily
- D. Eat calories, don’t drink them
- E. B, C, and D only

**71.** Children should be involved in making decisions about their food intake.

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- A. True because research shows they are more likely to follow through to reach the desired outcome.
- B. False because children and adolescents are always going to choose to eat high sugar, high fat foods.

**72.** School lunches should not be encouraged because:

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- A. They offer little to no nutrition
- B. They are high in calories and fat
- C. They don't provide quality nutrients
- D. None of the above – research shows school lunches, while maybe not ideal, offer more nutrients than home packed lunches as a whole

**73.** A simple “test” to determine hydration status is:

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- A. Determine if and only if you are thirsty
- B. Look at the color of the urine
- C. Use a spectrometer to measure specific gravity of the urine
- D. Ask the athlete how much water they have consumed that day

**74.** The two categories of vitamins are:

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- A. Water and free radical scavengers
- B. Neutrophilic and hydrophilic
- C. Fat and water soluble
- D. High and low ORAC values

**75.** If an adolescent athlete comes to you looking to gain muscle mass, you should:

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- A. Suggest he/she adds bars and/or meal replacement shakes to easily add quality calories
- B. Eat a variety of nutrient dense, whole foods throughout the day
- C. Educate them on healthy, higher calorie food choices and collaborate with a qualified sports dietitian to ensure their intake is adequate
- D. B & C only
- E. All of the above