

NBNSC-CNSC赤本勉強、NBNSC-CNSC的中率

口唇閉鎖力の平均値と標準偏差 (-1 SD)				
	男児(N)		女児(N)	
	平均値	-1 SD	平均値	-1 SD
3歳	3.7	2.1	3.5	1.9
4歳	5.1	3.0	4.8	2.8
5歳	6.5	4.1	6.1	3.8
6歳	8.4	5.5	7.1	4.6
7歳	9.9	6.6	7.8	5.1
8歳	9.8	6.5	8.0	5.0
9歳	9.5	6.0	7.8	4.7
10歳	9.1	5.7	7.7	4.6
11歳	9.1	5.8	8.4	5.3
12歳	10.1	6.9	9.2	6.1
15歳	13.4	10.5	12.0	9.6
18歳	14.2	11.6	12.6	10.6

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>> NBNSC-CNSC赤本勉強 <<

NBNSC-CNSC的中率、NBNSC-CNSC再テスト

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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) 認定 NBNSC-CNSC 試験問題 (Q21-Q26):

質問 # 21

As important as good nutrition is to health, a counselor should not lose sight of the fact that other practices can have a profound negative impact on health. They include all of the following except:

- A. physical inactivity
- **B. drinking plenty of water**
- C. excessive alcohol
- D. cigarette smoking

正解: B

解説:

The question is about identifying which among the listed options does not have a negative impact on health. In the context of counseling and health, it's crucial to recognize both beneficial and harmful practices.

The first option, "cigarette smoking," is widely recognized as harmful. Smoking is a major cause of preventable diseases and deaths. According to the Centers for Disease Control and Prevention (CDC), smoking is responsible for more than 480,000 deaths per year in the United States, including deaths from direct smoking and secondhand smoke exposure. Smoking harms nearly every organ in the body, causes many diseases, and reduces overall health.

The second option, "drinking plenty of water," stands out as the only practice in the list that has a positive impact on health. Hydration is essential for maintaining bodily functions, including regulation of body temperature, joint lubrication, and transport of nutrients. Adequate water intake is vital for good health, and it helps prevent conditions such as kidney stones, constipation, and urinary tract infections.

The third option, "physical inactivity," is a known health risk. Lack of physical activity has been linked to numerous health problems, such as obesity, heart disease, diabetes, and some cancers. The World Health Organization (WHO) has identified physical inactivity as the fourth leading risk factor for global mortality, causing an estimated 3.2 million deaths globally each year.

The fourth option, "excessive alcohol," is also detrimental to health. Excessive alcohol consumption can lead to liver disease, heart disease, and certain types of cancer, as well as acute consequences like alcohol poisoning and accidents. The CDC notes that excessive alcohol use leads to approximately 95,000 deaths in the United States each year.

In conclusion, among the options provided, "drinking plenty of water" is the only one that does not have a negative impact on health and, in fact, is a recommended practice for maintaining good health. The other options—cigarette smoking, physical inactivity, and excessive alcohol—are all practices that can profoundly impact health negatively.

質問 # 22

Avoiding foods that are contaminated with harmful bacteria, viruses, parasites, toxins and chemicals is vital for healthy eating. All of the following are recommendations for food safety except:

- A. chill perishable foods promptly
- **B. keep raw, cooked and ready-to-eat foods together**
- C. cook foods to a safe temperature to kill microorganisms
- D. clean hands, food contact surfaces and all fruits and vegetables

正解: B

解説:

The question focuses on identifying which of the listed options is not a recommendation for food safety. To clarify, here's an expanded explanation of each option in relation to food safety principles:

****Option 1: Clean hands, food contact surfaces, and all fruits and vegetables**** This option is a fundamental food safety recommendation. Cleaning your hands frequently, especially before handling food, helps prevent the transfer of harmful bacteria and other pathogens. Similarly, cleaning food contact surfaces (like countertops and cutting boards) and thoroughly washing all fruits and vegetables before eating or cooking them can significantly reduce the risk of foodborne illnesses.

****Option 2: Keep raw, cooked, and ready-to-eat foods together**** This option is incorrectly listed as a food safety measure; in fact, it represents a common food safety violation. Keeping raw, cooked, and ready-to-eat foods together can lead to cross-contamination. Raw foods, especially meats, can harbor pathogens that are eliminated during cooking. If these raw foods come into contact with foods that are already cooked or will be eaten raw, they can transfer these pathogens, increasing the risk of foodborne illness.

****Option 3: Cook foods to a safe temperature to kill microorganisms**** Cooking foods to the appropriate temperatures is crucial for food safety. Different types of foods require different cooking temperatures to ensure that any harmful bacteria and other pathogens are destroyed. For example, poultry should be cooked to an internal temperature of 165°F (74°C), ground meats to 160°F (71°C), and most seafood to 145°F (63°C).

****Option 4: Chill perishable foods promptly**** Chilling perishable foods promptly is essential to prevent bacterial growth. Foods that are left at room temperature can enter the "danger zone" (between 40°F and 140°F or 4°C and 60°C), a temperature range where bacteria can multiply rapidly. Refrigerating perishable foods quickly ensures they remain at a safe temperature, thereby reducing the risk of spoilage and foodborne illness.

****Conclusion**** Among the options provided, the only one that does not align with standard food safety practices is keeping raw, cooked, and ready-to-eat foods together. This option should be avoided to maintain food safety, as it poses a significant risk for cross-contamination and the spread of foodborne pathogens.

質問 # 23

Which of the statements is Not true?

- A. Eating disorders are easier to control if diagnosed early.
- B. Eating disorders are associated with shame.
- C. Women are more likely to develop eating disorders.
- D. Eating disorders do not overlap.

正解: D

解説:

The statement "Eating disorders do not overlap" is not true. Eating disorders can indeed overlap, meaning a person can exhibit symptoms of more than one type of eating disorder at the same time. For instance, an individual diagnosed with anorexia nervosa, a disorder characterized by an intense fear of gaining weight and a distorted body image, may also engage in behaviors typical of bulimia nervosa, such as purging (self-induced vomiting) after eating. This overlapping of disorders complicates diagnosis and treatment, highlighting the complexity of eating disorders and the need for a comprehensive assessment by healthcare professionals. Furthermore, the interplay between different eating disorders can manifest in various forms. A person might primarily suffer from binge eating disorder, characterized by frequent episodes of eating large quantities of food (often quickly and to the point of discomfort), and might also exhibit periods of restrictive eating akin to those seen in anorexia. The combination of symptoms from different eating disorders can lead to a diagnosis of an "unspecified feeding or eating disorder" (UFED), according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), if the symptoms cause significant distress or impairment but do not meet the full criteria for any one disorder.

Contrary to the erroneous statement, the reality of overlapping symptoms in eating disorders underscores the importance of a nuanced approach to treatment that addresses the full spectrum of behaviors and psychological components presented by an individual. Treatment plans often need to be highly personalized and may involve a combination of psychological therapy, nutritional counseling, and medical support. This comprehensive approach helps tackle the multifaceted nature of eating disorders, which may overlap not only with each other but also with other psychological issues such as anxiety, depression, and obsessive-compulsive disorder.

In summary, the claim that "Eating disorders do not overlap" is a misconception. Understanding the potential for overlap is crucial for effective diagnosis and treatment. Recognizing the complexity and individual variations in eating disorders can lead to better, more effective treatment outcomes for those affected.

質問 # 24

Which of the following statements regarding oxidative stress is accurate?

- A. all of the above
- B. The human immune response makes extensive use of oxidative molecules.
- C. Radicals of different kinds are potentially involved in both initiation and promotion in multistage cancer development.
- D. Some medications can cause oxidative stress.

正解: A

解説:

The correct answer to the question regarding oxidative stress is "all of the above." This is because each of the statements presented in the question accurately describes aspects of oxidative stress and its implications on health. Here, we will expand on these statements to provide a clearer understanding of each point.

Firstly, the statement that "some medications can cause oxidative stress" is indeed accurate. Certain pharmaceuticals can induce oxidative stress by generating free radicals or by impairing the body's antioxidant defenses. This can occur through various mechanisms depending on the type of medication. For example, chemotherapy drugs are known to produce reactive oxygen species (ROS) as a byproduct of their action against cancer cells, which can lead to oxidative stress. Similarly, other drugs like statins and certain antibiotics can disrupt cellular oxidative balance by affecting mitochondrial function.

The statement that "oxidative stress can occur in many diseases such as cancer, cataracts and eye injuries, reperfusion injury, arthritis and rheumatic disorders, ALS, and viral autoimmune diseases" further broadens our understanding of the impact of oxidative stress on health. In these conditions, the imbalance between antioxidants and reactive oxygen species plays a crucial role. For instance, in cancer, oxidative stress promotes mutations and fosters an environment conducive to cancer cell proliferation and survival. In diseases like arthritis, oxidative stress contributes to inflammation and joint damage.

Moreover, the role of oxidative stress in the human immune response is significant. The immune system utilizes reactive oxygen species to kill pathogens. This oxidative burst, primarily from cells like neutrophils and macrophages, is essential for the effective destruction of invading microorganisms. However, when not regulated properly, this can also lead to tissue damage and contribute to inflammatory conditions.

Lastly, radicals of different kinds are indeed involved in both the initiation and promotion of multistage cancer development. Free radicals can cause damage to DNA, proteins, and cell membranes, initiating the process of carcinogenesis. Subsequently, the oxidative environment can promote the progression of mutated cells into malignant tumors.

In summary, understanding the various facets of oxidative stress is crucial due to its dual roles-both as a necessary part of physiological processes and a potential contributor to various pathological conditions. This broad impact underscores why the answer "all of the above" is correct, reflecting the comprehensive nature of oxidative stress in affecting human health.

質問 # 25

Which of the following types of evaluations occurs during the design or implementation of a program in effort to identify the program's weaknesses and correct them?

- A. Summative evaluation.
- **B. Formative evaluation.**
- C. Correctional evaluation.
- D. Developmental evaluation.

正解: B

解説:

The correct answer to the question regarding which type of evaluation occurs during the design or implementation of a program to identify and correct the program's weaknesses is "Formative evaluation." Formative evaluation is a key component in the process of program development and implementation. Unlike summative evaluation, which assesses the effectiveness of a program at the end of its execution, formative evaluation is conducted during the early stages of program execution. This type of evaluation is particularly crucial as it focuses on the ongoing improvement of the program's design and delivery mechanisms.

During formative evaluation, evaluators collect data related to the program's processes and outcomes to identify any issues or areas needing improvement. This could include gathering feedback from participants, observing program activities, or assessing the resources and materials used. The primary goal here is to make real-time adjustments that enhance the program's effectiveness and efficiency, ensuring that it meets its intended objectives and serves the target population appropriately.

Moreover, formative evaluations help stakeholders understand and refine the program's theory of action or logic model. This understanding is vital for aligning the program's activities with its goals and for making necessary modifications to achieve the desired impact.

In summary, formative evaluation is integral during the initial phases of a program, focusing on identifying and addressing weaknesses through continual feedback and adjustments. This proactive approach ensures that the program develops in a way that maximizes its potential for success and effectiveness.

質問 # 26

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