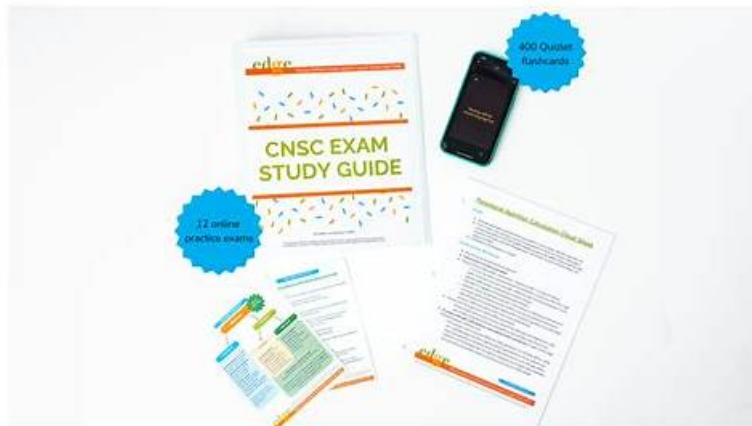


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### NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q34-Q39):

#### NEW QUESTION # 34

Fluid gains come mostly from

- A. Solid foods.
- B. Proteins.
- C. Drinking water.
- D. Carbohydrates.

**Answer: C**

Explanation:

The correct answer to the question "Fluid gains come mostly from" is "Drinking water." The human body predominantly acquires its

necessary fluid intake from drinking water and other beverages. This is crucial because water plays numerous vital roles in the body. Firstly, water is essential for maintaining the health and integrity of every cell in the body. It provides the necessary medium for biochemical reactions and aids in transporting nutrients and oxygen to cells. Without adequate water, cells would not be able to function properly, leading to various health issues.

Moreover, water is important for the regulation of body temperature. Through the process of perspiration and evaporation, the body can manage and stabilize temperature, which is vital for maintaining homeostasis. Water also acts as a lubricant and cushion for joints, and assists in the protection of sensitive tissues and organs.

In addition to plain water, the body also obtains fluids from other beverages like teas, juices, and even from food. Solid foods, especially fruits and vegetables, can contain significant amounts of water. However, while these sources contribute to overall fluid intake, drinking water directly is the most efficient and effective way to meet the body's hydration needs.

It's also worth noting that while beverages such as coffee and alcoholic drinks do provide some fluid, they can also have diuretic effects, which may increase fluid loss in some individuals. Therefore, relying on water and hydrating, non-diuretic beverages is generally recommended for optimal hydration.

Overall, maintaining adequate hydration by consuming sufficient amounts of water and other hydrating beverages is key to ensuring the proper functioning of the body's many systems and maintaining overall health.

### NEW QUESTION # 35

Vitamin B12 requires intrinsic factor and \_\_\_\_\_ to absorb.

- A. R-protein.
- B. Complimentary proteins.
- C. Omega-6.
- D. Biotin.

**Answer: A**

Explanation:

To understand the absorption of Vitamin B12, it is essential to know about the role of R-protein and intrinsic factor. These components play crucial roles in the effective uptake of this vitamin into the body.

Vitamin B12, also known as cobalamin, is a water-soluble vitamin that is vital for red blood cell formation, nerve function, and DNA synthesis. However, its absorption in the gastrointestinal tract is more complex compared to other vitamins due to its need for two proteins: R-protein and intrinsic factor.

R-protein, also known as haptocorrin, is synthesized in the salivary glands and released into the saliva. When dietary Vitamin B12 enters the stomach, it binds with R-protein. This binding is crucial because it protects Vitamin B12 from being degraded by the acidic environment of the stomach. However, R-protein is not the final carrier for Vitamin B12 absorption.

As the Vitamin B12-R-protein complex moves from the stomach to the duodenum, which is the first section of the small intestine, pancreatic enzymes degrade R-protein. This degradation is essential as it releases Vitamin B12 from R-protein, allowing it to bind with another protein called intrinsic factor. Intrinsic factor is a glycoprotein produced by the parietal cells of the stomach lining.

The binding of Vitamin B12 to intrinsic factor is a critical step as it forms a complex that can travel to the lower part of the small intestine, specifically the ileum, where it is absorbed into the bloodstream. Without intrinsic factor, Vitamin B12 cannot be effectively absorbed, leading to its deficiency regardless of intake levels.

In summary, while intrinsic factor is directly responsible for the absorption of Vitamin B12 in the ileum, R-protein plays a pivotal role in protecting and transporting Vitamin B12 through the harsh acidic environment of the stomach. Both proteins are essential for the bioavailability of Vitamin B12, ensuring that the body can utilize this crucial nutrient effectively.

### NEW QUESTION # 36

Documents about a learner's performance that are written by someone other than the learner are known as which of the following?

- A. attestations
- B. productions
- C. artifacts
- D. portfolios

**Answer: A**

Explanation:

Attestations, as the correct answer to the question, refer specifically to documents that provide evidence of a learner's performance, authored by someone other than the learner themselves. These documents can include teacher evaluations, mentor reports, or performance reviews which objectively assess and verify the skills, abilities, and competencies of the learner. The key aspect of

attestations is their origin; they are third-party assessments that provide an external perspective on the learner's achievements. Artifacts, on the other hand, are quite different. They are tangible pieces of work directly produced by the learner. Examples of artifacts include written assignments, projects, presentations, or any other materials that result from the learner's direct efforts. These items serve as direct evidence of the learner's skills and abilities, showcasing their personal contributions and the quality of their work.

Portfolios are broader collections that often include both artifacts and attestations. They are compiled by the learner to demonstrate a comprehensive record of their learning, skills, and professional development over time. Portfolios are strategic in nature, curated to highlight a learner's best work and often include reflections on the learning process and outcomes.

Productions, as referenced in the educational context, generally relate to any outputs created by the learner as part of their educational journey. These can be part of a portfolio and are similar to artifacts in that they are the direct result of a learner's work. However, the term can also encompass broader project outcomes beyond simple documents, such as media productions, art pieces, or software programs. In summary, while attestations provide an external validation of a learner's performance, artifacts and productions are outputs directly created by the learner. Portfolios then serve as comprehensive records that may include all the above elements to showcase the learner's abilities and learning progression comprehensively.

### NEW QUESTION # 37

Eggs for commercial foodservice are sold as frozen whole eggs in 30 lb cans. A can equals how many whole eggs?

- A. 23 dozen
- B. 10 dozen
- C. 30 dozen
- D. 15 dozen

**Answer: A**

Explanation:

To answer the question of how many whole eggs are equivalent to one 30 lb can of frozen whole eggs, we must first understand the typical weight of a whole egg.

On average, a large whole egg weighs about 2 ounces. Since there are 16 ounces in a pound, a pound would typically contain about 8 large eggs. Therefore, to find out how many eggs are in a 30 lb can, you would multiply 30 pounds by 8 eggs per pound, resulting in 240 eggs.

However, when dealing with bulk or commercial packaging like a 30 lb can of frozen whole eggs, the eggs are not individually accounted for by their shell weight but rather by their collective mass. Hence, the calculation may slightly differ based on the specific packing and preservation method used.

It is stated that a 30 lb can of frozen whole eggs approximately equals 23 dozen eggs. Knowing that one dozen equals 12 eggs, 23 dozen would be 276 eggs. This suggests that in commercial terms, the eggs might be slightly smaller, or the packaging could include the weight of the liquid or additional materials used in the preservation process.

Therefore, the correct answer is that a 30 lb can of frozen whole eggs equals about 23 dozen eggs. This conversion is crucial for food service professionals who need to accurately calculate costs and supplies for recipes and menu planning.

### NEW QUESTION # 38

A Vitamin B6 deficiency may cause which of the following?

- A. niacin deficiency
- B. vitamin E deficiency
- C. vitamin C deficiency
- D. vitamin A deficiency

**Answer: A**

Explanation:

Vitamin B6, also known as pyridoxine, plays a significant role in numerous bodily functions, most notably in the metabolism of proteins, fats, and carbohydrates, as well as in the creation of red blood cells and neurotransmitters. Its deficiency can lead to a wide range of health issues, one of which is niacin (Vitamin B3) deficiency.

The link between Vitamin B6 and niacin deficiency primarily involves the metabolism of an amino acid called tryptophan. Tryptophan is an essential amino acid that serves several critical functions in the body, including being a precursor to niacin. Normally, the body uses tryptophan to produce niacin in a process that requires Vitamin B6 as a cofactor. This means that without adequate Vitamin B6, the body's ability to convert tryptophan into niacin is impaired, potentially leading to niacin deficiency.

Niacin is crucial for energy production and the synthesis of fatty acids. A deficiency in niacin can lead to pellagra, a disease

characterized by dermatitis, diarrhea, dementia, and even death if untreated. Therefore, ensuring sufficient intake of Vitamin B6 is essential not only for its direct roles but also to prevent secondary deficiencies such as that of niacin.

Additionally, Vitamin B6 deficiency can lead to increased levels of homocysteine, an amino acid that, at high levels, is associated with an increased risk of cardiovascular diseases. The metabolism of homocysteine depends on several B vitamins including Vitamin B6, Vitamin B12, and folate. Adequate levels of these vitamins are necessary to convert homocysteine into other harmless substances. Thus, a deficiency in Vitamin B6 can disrupt this process, leading to elevated homocysteine levels which further contribute to health complications.

In conclusion, Vitamin B6 plays a multifaceted role in maintaining health, influencing everything from amino acid metabolism to homocysteine regulation. Its deficiency can have cascading effects on health, including causing niacin deficiency through impaired tryptophan metabolism. Maintaining adequate levels of Vitamin B6 through diet or supplements is crucial for overall health and preventing the onset of related deficiencies and associated health issues.

## NEW QUESTION # 39

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