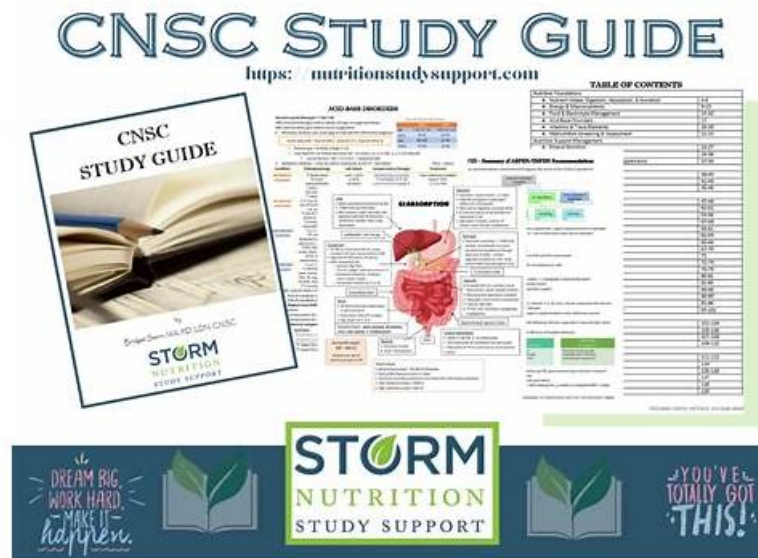


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Customizable NUTRITION NBNSC-CNSC Practice Exam

Aspiring NUTRITION professionals strive to excel in NUTRITION NBNSC-CNSC exams such as the NBNSC Certified Nutrition Support Clinician (CCN) (NBNSC-CNSC) to achieve their dream careers. However, passing the NBNSC-CNSC Exam can be challenging, especially with a demanding schedule that leaves little time for preparation.

NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q72-Q77):

NEW QUESTION # 72

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

Answer: C

Explanation:

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.

NEW QUESTION # 73

All of the following are characteristics of an effective counselor except:

- A. genuine
- B. do not self-disclose
- C. concrete
- D. self-actualization

Answer: B

Explanation:

The question asks to identify which one among the listed options is not a characteristic of an effective counselor. Let us examine each option to determine which one does not align with the qualities of an effective counselor.

****Genuine:**** An effective counselor needs to be genuine. This means they should be sincere and authentic, not merely playing a role. A genuine demeanor helps to establish trust and facilitates a more open and honest communication between the counselor and the client. This trait is crucial in creating a safe and welcoming environment for the client, which is fundamental for effective counseling.

****Do not self-disclose:**** Self-disclosure, when used appropriately, can actually be a beneficial tool in counseling. It involves the counselor sharing personal experiences or feelings, which can help to normalize the client's experiences, build rapport, and model healthy self-expression. However, self-disclosure must be used judiciously and always with the client's welfare in mind. It should never burden the client or shift the focus away from the client's issues. Thus, the statement "do not self-disclose" as a blanket rule is not accurate for an effective counselor. Properly managed self-disclosure can enhance the therapeutic relationship.

****Concrete:**** Being concrete refers to the ability to focus on specific issues, providing clear and tangible advice or guidance. A counselor who is concrete helps a client understand complex emotions or situations in simpler, more manageable terms. This characteristic is important because it aids clients in grasping essential ideas and elements that are pertinent to their healing or growth process.

****Self-actualization:**** This refers to the counselor's ability to help clients achieve their fullest potential. An effective counselor encourages and supports clients in their journey toward self-actualization, assisting them to realize their capabilities and strengths. This process is integral to many therapeutic approaches and is closely aligned with the goals of counseling.

In conclusion, all options listed except "do not self-disclose" represent characteristics of an effective counselor. Effective counselors can and do use self-disclosure as a strategic tool to benefit the client, making the option "do not self-disclose" the correct answer to the question of which characteristic does not apply to an effective counselor.

NEW QUESTION # 74

The value of any dietary index or score depends on which of the following?

- A. whether greater adherence is related to better health
- B. department of Agriculture

- C. milk servings
- D. graphical representations of a healthy diet

Answer: A

Explanation:

The value of any dietary index or score fundamentally hinges on its ability to accurately reflect the relationship between diet adherence and health outcomes. Such indices are typically designed to evaluate how closely an individual's diet aligns with recommended dietary patterns or guidelines that are believed to promote health and prevent disease.

For a dietary index or score to be truly valuable, it must be predicated on scientifically sound principles that correlate directly with health improvements. This means the components and recommendations that make up the index should be based on robust evidence linking specific dietary habits with better health outcomes. If an index or score encourages dietary behaviors that are proven to reduce the risk of chronic diseases, such as cardiovascular disease, diabetes, and obesity, and possibly improve longevity, then adherence to this index is likely to result in better health.

However, the utility of a dietary index is compromised if it emphasizes elements of a diet that are irrelevant or not strongly associated with health benefits. For example, an index that overemphasizes the consumption of a particular food group without strong evidence of its health benefits might lead individuals to focus disproportionately on that aspect of their diet at the expense of more beneficial practices. Similarly, if the index fails to distinguish between foods based on their nutritional quality—such as whole grains versus refined grains—it may not effectively guide individuals towards healthier eating patterns.

In addition, the effectiveness of a dietary index can be influenced by its adaptability to different populations and cultural dietary patterns. A valuable dietary index should be versatile enough to accommodate varying dietary habits and preferences that exist among different cultural or regional groups while still maintaining its predictive power regarding health outcomes.

Ultimately, the true test of any dietary index or score is its ability to predict or correlate with positive health outcomes when adhered to. Indices that are well-aligned with scientifically-backed dietary advice and can be adapted to a variety of dietary practices are more likely to be useful tools in public health and nutrition guidance. They not only help individuals make informed dietary choices but also assist healthcare providers, nutritionists, and policymakers in promoting dietary patterns that are known to support good health.

NEW QUESTION # 75

Nutrition is how the food you eat affects your body. For health, energy, and growth, you need to do all of the following except:

- A. consume about 8 cups of water per day
- B. getting the right balance of nutrients helps you look your best and perform well at school and work
- C. the food choices you make today will not affect your health and quality of life for years to come.
- D. eat a variety of foods in moderate yet adequate amounts

Answer: C

Explanation:

Nutrition plays a crucial role in maintaining overall health, providing energy, and supporting growth. When considering how to optimize your diet for these purposes, it is essential to incorporate a variety of foods in moderate yet adequate amounts, ensure you're getting the right balance of nutrients, and stay hydrated by consuming about 8 cups of water per day. These dietary choices provide the necessary nutrients—chemicals that nourish the body, enhance appearance, and boost performance in activities like school and work.

However, the statement "the food choices you make today will not affect your health and quality of life for years to come" is incorrect and is the option to exclude when considering what is necessary for health, energy, and growth. In reality, the choices we make in our diet have long-term impacts on our health and quality of life. Consistently making poor food choices can lead to various health issues, including obesity, diabetes, heart disease, and other chronic conditions. Conversely, making healthy food choices can help prevent these conditions, improve mental health, and enhance physical performance.

Therefore, understanding that every meal can contribute either positively or negatively to your long-term health is crucial. This knowledge emphasizes the importance of making informed and beneficial dietary choices consistently over time. Hence, the correct approach to nutrition involves recognizing the significant, lasting impact of daily food choices on both current and future health and wellbeing.

NEW QUESTION # 76

Which of the following would be abnormal in a stool sample?

- A. The stool contains low levels of enzymes, such as trypsin or elastase.
- B. The stool contains 2-7 grams of fat per 24 hours.

- C. The pH of the stool is 7.0 - 7.5
- D. The stool contains less than 0.25 grams per deciliter (g/dL) of sugars called reducing factors.

Answer: A

Explanation:

The correct answer to the question regarding abnormalities in a stool sample is that it is abnormal if the stool contains low levels of enzymes, such as trypsin or elastase. This finding suggests a potential issue in digestive function, particularly with the pancreas, which is responsible for secreting these enzymes. These enzymes play a crucial role in the digestion of proteins and fats. Inadequate levels can indicate pancreatic insufficiency, a condition where the pancreas does not produce enough of these enzymes, leading to malabsorption and other digestive problems.

It's important to compare this result to other potential findings in stool samples to understand its significance better. A normal pH range for stool is typically between 7.0 and 7.5, indicating a neutral environment, which is common and not a cause for concern. Similarly, the presence of 2-7 grams of fat per 24 hours in stool can be normal, depending on dietary intake. However, if a person consumes about 100 grams of fat daily and the stool contains more than 7 grams of fat per 24 hours, this could indicate malabsorption or other digestive issues such as exocrine pancreatic insufficiency or celiac disease.

Other abnormal findings in stool samples that can suggest health issues include the presence of blood, which could indicate gastrointestinal bleeding; mucus or pus, which might suggest inflammation or infection; undigested meat fibers, indicating poor digestion; and harmful organisms such as bacteria, viruses, fungi, or parasites, which could be signs of infection. Additionally, the presence of more than 0.25 grams per deciliter of sugars known as reducing factors could indicate malabsorption syndromes or other gastrointestinal dysfunctions.

Therefore, understanding the composition and characteristics of a stool sample can provide valuable insights into a person's digestive health and help diagnose various conditions. If a stool analysis shows low levels of crucial digestive enzymes like trypsin or elastase, further investigation by healthcare professionals is warranted to determine the underlying cause and appropriate treatment to manage the symptoms and restore digestive function.

NEW QUESTION # 77

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