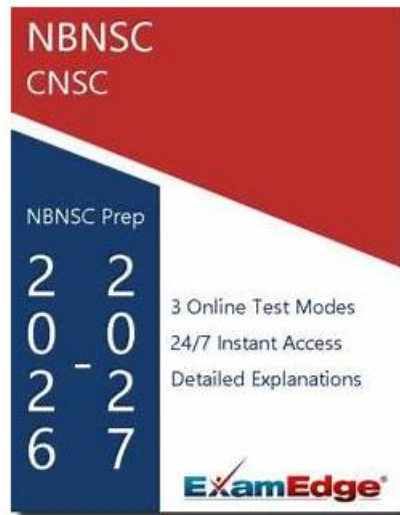


2026 NUTRITION First-grade NBNSC-CNSC: New NBNSC Certified Nutrition Support Clinician (CCN) Exam Answers



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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q91-Q96):

NEW QUESTION # 91

The homeopathic principle that is the systematic verification of the law of similars is which of the following?

- A. repertory principle
- B. potency theory
- C. material medica
- D. law of proving

Answer: D

Explanation:

The correct answer to the question regarding the homeopathic principle that systematically verifies the law of similars is the "law of proving." The law of proving is a foundational concept in homeopathy that serves to empirically test the law of similars, which is a central doctrine in homeopathic medicine. This law posits that substances capable of causing certain symptoms in healthy individuals can, when administered in small, diluted amounts, treat similar symptoms in sick individuals.

In the process of proving, a substance is administered to a group of healthy volunteers who have not been exposed to the substance before. These individuals then meticulously record any changes in their health, emotions, thoughts, and physical condition. The purpose of this exercise is to observe and document the symptoms that the substance can produce.

These recorded symptoms are compiled and analyzed to determine which are common and significant among the volunteers. Such symptoms are considered indicative of the substance's therapeutic potential according to the principle of similars. This systematic collection of symptoms from provings forms a vital part of the homeopathic materia medica—the comprehensive reference of remedies and their effects used by homeopaths to match a patient's symptoms with a corresponding remedy.

Therefore, the law of proving not only verifies but also enriches the understanding and application of the law of similars by providing a methodical and empirical basis for identifying the therapeutic properties of substances used in homeopathy. This, in turn, enhances the precision and effectiveness of homeopathic prescriptions.

NEW QUESTION # 92

Which of the following is NOT a mediator cell that releases substances that mediate immune reactions?

- A. platelet
- B. basophil
- C. mast cell
- D. barrier epithelial cell

Answer: D

Explanation:

*The question asks which of the listed options is NOT a mediator cell that releases substances involved in immune reactions. The correct answer is "barrier epithelial cell." To understand why this is the correct choice, it is essential to clarify the roles of the different options provided and their involvement in immune responses. *

*Mast cells, basophils, and platelets are all types of cells that play active roles in the body's immune response, primarily through the mediation of inflammation and allergic reactions. Mast cells and basophils are similar in that they both contain granules filled with histamine and other chemicals that are released during allergic and inflammatory reactions, leading to increased vascular permeability and smooth muscle contraction. These cells are typically involved in what is considered immediate hypersensitivity reactions. Platelets, while primarily known for their role in blood clotting, also secrete inflammatory mediators that can influence the immune system and vascular responses. *

*In contrast, barrier epithelial cells, which include those that line the skin and mucous membranes, do not primarily function as mediators releasing substances that drive immune reactions. Instead, their primary role is to act as a physical barrier that protects internal tissues from external pathogens, chemicals, and physical insults. While epithelial cells can contribute to immune responses indirectly (for example, by secreting antimicrobial peptides and signaling molecules that alert immune cells to the presence of a pathogen), they are not typically involved in the active mediation of immune reactions through the release of substances like histamine or other pro-inflammatory mediators. *

*Therefore, when comparing the roles of mast cells, basophils, platelets, and barrier epithelial cells, the correct answer to the question is "barrier epithelial cell." This choice is the only one among those listed that does not fit the description of a mediator cell

actively participating in the release of substances that mediate immune reactions. Instead, barrier epithelial cells serve more as a physical and chemical line of defense, maintaining the integrity of the body's barriers and providing signals that help coordinate the broader immune response.

NEW QUESTION # 93

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

- A. milk servings
- **B. whether greater adherence is related to better health**
- C. department of Agriculture
- D. graphical representations of a healthy diet

Answer: B

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 # 94

An individual has difficulty swallowing. What will make eating easier?

- A. A liquid diet.
- **B. Pureed food.**
- C. Taking small bites.
- D. Small slices of food.

Answer: B

Explanation:

An individual experiencing difficulty with swallowing, a condition known as dysphagia, can find eating a challenging and sometimes risky task. To accommodate this issue and ensure safe and sufficient nutrition, certain modifications to the texture and size of food can be immensely helpful. Here are some options that can make eating easier for such individuals:

****Small Slices of Food****: Cutting food into small, manageable pieces can significantly ease the swallowing process. This method reduces the effort required to chew food and minimizes the risk of choking. Small slices are particularly effective for those who can still chew but struggle with larger, bulkier bites. It's a simple modification that involves minimal preparation yet can make a substantial difference in the dining experience.

****Pureed Food****: Pureeing food is a common and effective solution for those with severe swallowing difficulties. Pureed food has a smooth, cohesive consistency that can easily pass through the throat without requiring significant chewing. However, it's crucial to ensure that the pureed food is neither too thick nor too runny. If it's too thick, it might be hard to swallow, and if too runny, it could lead to involuntary inhalation or aspiration, which can cause choking or lung complications. The ideal consistency should be similar to

that of apple sauce, which holds its shape on a spoon but is soft enough to swallow with minimal effort.

****Taking Small Bites****: Regardless of the food's initial size or texture, taking small bites can also aid individuals with dysphagia. By controlling the amount of food placed in the mouth at one time, the swallowing process becomes less daunting, and the risk of choking is reduced. Combining small bites with thorough, careful chewing can further modify the food texture, making it easier to swallow.

****A Liquid Diet****: In some cases, especially when swallowing is severely impaired, a liquid diet might be recommended. This diet can include broths, soups, and specially formulated nutritional drinks that provide essential nutrients in a form that requires minimal swallowing effort. However, like pureed food, the viscosity of liquids should be carefully considered. Very thin liquids can be as challenging as overly thick ones. Sometimes, thickening agents are used to achieve an optimal consistency that provides ease of swallowing and reduces the risk of aspiration. By choosing appropriate food textures and sizes, individuals with dysphagia can enjoy a broader range of foods while maintaining safety and nutrition. Consulting with healthcare professionals such as speech therapists or dietitians who specialize in swallowing disorders can provide personalized advice and recommendations tailored to specific needs.

NEW QUESTION # 95

Which of the following statements regarding oxidative stress is accurate?

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

Answer: C

Explanation:

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.

NEW QUESTION # 96

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