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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q71-Q76):

NEW QUESTION # 71

A guided goal setting intervention called EatFit using computer technology with middle school adolescents in various school and community settings uses constructs of SCT to improve eating and fitness choices. These goals were reinforced through lessons that focused on all of the following except:

- A. only using input from the adolescent
- B. learning to read food labels
- C. verbal encouragement
- D. self-regulation

Answer: A

Explanation:

The question presents a scenario where a guided goal-setting intervention named EatFit, utilizes computer technology to influence the eating and fitness choices of middle school adolescents. The intervention is built on the constructs of Social Cognitive Theory (SCT), which emphasizes observational learning, self-efficacy, and behavioral reinforcements. The question asks which of the listed focus

areas was not emphasized during the lessons that were part of the EatFit intervention.

Let's analyze the options given: 1. **Learning to read food labels** - This option is likely included as part of the intervention. Reading food labels is a practical skill that can directly influence one's dietary choices, aligning well with the goals of improving eating habits. 2. **Only using input from the adolescent** - This option seems inconsistent with the SCT framework, which often involves social influences and guidance from others (such as teachers or peers). Solely relying on the adolescent's input could limit the effectiveness of the intervention by not incorporating a broader perspective or expert guidance. 3. **Verbal encouragement** - Verbal encouragement fits well within the SCT framework as it can enhance self-efficacy and motivation. Positive reinforcement through encouragement can help adolescents feel supported in achieving their dietary and fitness goals. 4. **Self-regulation** - Teaching self-regulation skills is a core aspect of SCT as it helps individuals control their behaviors and maintain changes over time. Skills like setting personal goals, monitoring progress, and adjusting behaviors are crucial for long-term adherence to healthy eating and fitness habits.

Given these analyses, the option "only using input from the adolescent" is the least likely to be reinforced through the lessons in the EatFit intervention. This approach would contradict the collaborative and guided nature of SCT-based interventions, which typically involve inputs from multiple sources including peers, educators, and guided self-assessment. Instead, effective interventions would integrate advice from knowledgeable sources, peer interactions, and guided self-reflection to encourage broader learning and sustainable behavior change.

NEW QUESTION # 72

The cells that form bone are known as which of the following?

- A. osteoblasts
- B. osteocytes
- C. osteoclasts
- D. osteoprogenitors

Answer: A

Explanation:

The cells primarily responsible for the formation of bone are known as osteoblasts. Osteoblasts originate from osteoprogenitor cells, which are a type of stem cell that can differentiate into various cell types involved in bone formation and repair. These osteoblasts are critical during both the initial formation of bone and the remodeling process that occurs throughout an individual's life.

Upon being signaled, osteoblasts begin the process of laying down new bone. They produce and secrete collagen, which forms the organic matrix of bone, and then help in the mineralization of this matrix to harden and form the rigid structure of the bone. Once their bone-forming function is completed, some osteoblasts transform into osteocytes, which are the mature bone cells embedded within the bone matrix. These osteocytes play a vital role in maintaining the mineral balance of the bone and help in the communication with other bone cells to regulate bone remodeling and repair.

In contrast to osteoblasts, osteoclasts are the cells responsible for bone resorption, which is the process of breaking down bone tissue. This action is crucial for the ongoing maintenance, repair, and remodeling of bones. Osteoclasts help in managing the bone's structure and function by removing old or damaged bone, making space for new bone formed by osteoblasts.

Thus, while osteoprogenitors are the precursor cells that give rise to osteoblasts, and osteocytes are the mature form of osteoblasts embedded in the bone matrix, it is the osteoblasts that are directly involved in the formation of bone. Therefore, in the context of the question about which cells form bone, the correct answer is osteoblasts.

NEW QUESTION # 73

An excess of carbohydrate in the form of sugar can spoil an appetite for other nutrients that are more important. Too many carbohydrates may cause:

- A. cause flatulence
- B. irritate the lining of the stomach
- C. all of the above
- D. tooth decay

Answer: C

Explanation:

Consuming an excessive amount of carbohydrates, particularly in the form of simple sugars, can lead to a variety of health issues. One of the primary concerns is tooth decay. Sugars in the diet can contribute to the development of dental caries as they provide a food source for bacteria in the mouth. These bacteria produce acids that erode tooth enamel, leading to cavities.

Additionally, overconsumption of carbohydrates can contribute to obesity. In the United States, obesity is a significant health

concern, with many health experts pointing to high carbohydrate intake as a common contributing factor. When the body receives more carbohydrates than it needs, the excess is converted into glycogen for storage in the liver and muscles. However, once these storage capacities are reached, any additional carbohydrates are converted into fat and stored in adipose tissue throughout the body. This process can lead to increased body weight and associated health problems such as type 2 diabetes, heart disease, and certain types of cancer.

Excess carbohydrate intake can also irritate the stomach lining, particularly for those with sensitive digestive systems or conditions like irritable bowel syndrome. This irritation can lead to discomfort, pain, and other digestive issues.

Furthermore, a high intake of certain types of carbohydrates, such as those found in beans and some vegetables, can cause flatulence. This occurs because these carbohydrates are fermented by bacteria in the large intestine, producing gas as a byproduct. In summary, while carbohydrates are an essential part of a healthy diet, excessive intake can lead to several health issues including tooth decay, obesity, irritation of the stomach lining, and flatulence. It is important for overall health to maintain a balanced diet that includes an appropriate amount of carbohydrates, alongside other nutrients.

NEW QUESTION # 74

In regards to food resources, which of the following is an indicator for nutrition risk?

- A. Inadequate financial resources.
- B. Has sufficient access to food.
- C. Access to various cooking facilities.
- D. Can grow their own food.

Answer: A

Explanation:

In the context of nutrition risk, particularly in relation to food resources, inadequate financial resources stand out as a critical indicator. This means that when individuals or families do not have enough money to buy sufficient or nutritious food, they are at a higher risk of malnutrition and related health problems.

Financial constraints affect food security and overall dietary quality. People with limited financial resources may opt for cheaper, less nutritious food options which can lead to deficiencies in vital nutrients. This scenario also limits their ability to purchase a variety of foods, further restricting their intake of essential food groups such as fruits, vegetables, and proteins.

Apart from inadequate financial resources, other indicators of nutrition risk include insufficient access to food supplies and lack of access to adequate cooking facilities. Insufficient access to food might occur due to geographic isolation, limited availability of food stores, or disruptions in food supply chains. Lack of access to cooking facilities can impede the ability to prepare healthy meals, which can exacerbate nutritional risks, particularly in urban poor and homeless populations.

Understanding these indicators is crucial for addressing the challenges of food insecurity and for implementing effective interventions aimed at improving access to nutritious food, thus reducing the overall nutrition risk. This includes creating policies that ensure economic support and improve the infrastructure for food access and preparation within vulnerable communities.

NEW QUESTION # 75

Sauerkraut and other pickled vegetables should be avoided when taking which of the following type of drugs?

- A. anti-malarial
- B. tetracycline
- C. antibiotics
- D. monoamine oxidase inhibitors

Answer: D

Explanation:

Monoamine oxidase inhibitors (MAOIs) are a class of drugs used primarily to treat depression and other psychological disorders. They work by inhibiting the activity of the enzyme monoamine oxidase, which breaks down neurotransmitters such as dopamine, norepinephrine, and serotonin in the brain. By inhibiting this enzyme, MAOIs increase the levels of these neurotransmitters, which can help improve mood and reduce symptoms of depression.

However, MAOIs can interact with certain foods containing high levels of tyramine, a naturally occurring compound that is usually broken down by monoamine oxidase. When MAOIs inhibit this enzyme, tyramine levels can build up in the body, leading to dangerous increases in blood pressure, a condition known as hypertensive crisis. Symptoms of a hypertensive crisis can include severe headache, confusion, blurred vision, nausea, vomiting, chest pain, rapid heartbeat, and extreme elevation in blood pressure. If not treated promptly, it can lead to stroke or other serious health issues.

Sauerkraut and other pickled vegetables are among the foods high in tyramine. The fermentation process that these vegetables

undergo increases the tyramine content in them. Therefore, individuals taking MAOIs are advised to avoid or limit their intake of sauerkraut, pickled vegetables, and other high-tyramine foods such as aged cheeses, smoked or cured meats, and certain alcoholic beverages like tap beers and red wines.

It is important for patients on MAOIs to adhere to dietary restrictions to prevent hypertensive crises. Healthcare providers typically provide patients with a comprehensive list of foods to avoid and those that are considered safe. Managing diet while on MAOIs can be challenging, but it is crucial for avoiding potentially life-threatening complications.

In summary, sauerkraut and other pickled vegetables should generally be avoided by individuals taking monoamine oxidase inhibitors due to the high tyramine content of these foods, which can lead to severe hypertensive reactions. Patients should consult their healthcare providers for detailed guidance on dietary management while on these medications.

NEW QUESTION # 76

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