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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q97-Q102):

NEW QUESTION # 97

What is the main source of fluoride?

- **A. Tap water.**
- B. Beets.
- C. Carrots.
- D. Spring water.

Answer: A

Explanation:

The main source of fluoride for many people is tap water. Fluoride is a mineral known for its ability to strengthen tooth enamel, which helps to prevent dental cavities. Recognizing its benefits for oral health, many municipal water systems in the United States and other countries add fluoride to their drinking water. This process, known as water fluoridation, aims to reduce dental problems in the general population.

Fluoride can naturally occur in water sources, including rivers, lakes, and wells, at varying concentrations. However, the levels of

naturally occurring fluoride may not be sufficient to achieve the dental health benefits. Therefore, controlled addition of fluoride to public water supplies adjusts the fluoride concentration to an optimal level that is deemed safe and effective for preventing tooth decay.

In areas where tap water is not fluoridated, or for individuals using private wells, fluoride supplements are available. These supplements can be prescribed by dentists or other healthcare professionals to help individuals, particularly children, develop strong teeth and reduce the risk of cavities.

Aside from tap water and supplements, fluoride can also be found in various dental products such as toothpaste and mouth rinses. These products directly apply fluoride to the teeth, enhancing the tooth enamel's resistance to decay. It is important for individuals to be aware of the fluoride sources they are exposed to, to maintain adequate levels without exceeding recommended amounts, as excessive fluoride exposure can lead to dental fluorosis or other health issues.

NEW QUESTION # 98

The innermost lining of the heart is which of the following?

- A. endocardium
- B. pericardium
- C. apex
- D. myocardium

Answer: A

Explanation:

The correct answer to the question about the innermost lining of the heart is the **endocardium**. The endocardium is a thin layer of endothelial tissue that lines the interior of the heart chambers and heart valves. Its main function is to provide a smooth and protective lining of the cardiac chambers and valves, ensuring that blood flows smoothly within the heart without clotting. In contrast, the other options mentioned refer to different parts of the heart's structure. The **myocardium** is the middle layer of the heart wall and consists of cardiac muscle tissue. It is responsible for the pumping action of the heart as it contracts and relaxes to circulate blood throughout the body. The **pericardium** is the fibrous sac that surrounds the heart and helps to protect it, maintaining its position in the thorax and providing a lubricated surface for the heart to move against. Lastly, the **apex** refers to the tip of the heart, which points downward and to the left, and is not directly related to the structural layers of the heart. Thus, when considering the innermost lining of the heart, the endocardium is the accurate answer, distinguishing it from the myocardium, pericardium, and the apex, which have different roles in the anatomy and function of the heart.

NEW QUESTION # 99

Water-soluble vitamins include which of the following?

- A. A, D, E, and K
- B. thiamine, niacin and retinol
- C. thiamine, riboflavin, niacin, B6 and B12
- D. A, B6, and C

Answer: C

Explanation:

Water-soluble vitamins are a category of nutrients that dissolve in water and are readily absorbed into tissues for immediate use. Unlike fat-soluble vitamins, which are stored in the body's fatty tissue, water-soluble vitamins are not stored in the body in significant amounts. As a result, they need to be replenished regularly through the diet to avoid deficiencies.

The primary water-soluble vitamins include the B-complex vitamins and vitamin C. The B-complex group consists of several vitamins such as thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), and cobalamin (B12). Each of these vitamins plays a crucial role in energy production, maintaining proper nerve function, and the production of red blood cells. Thiamine, for example, is essential for aerobic metabolism, riboflavin aids in energy production, niacin is vital for DNA repair, and vitamin B6 is important for protein metabolism.

Vitamin C, also known as ascorbic acid, is another important water-soluble vitamin. It is necessary for the synthesis of collagen, which helps maintain skin, blood vessels, bones, and cartilage. Vitamin C also serves as a powerful antioxidant, helping to protect cells against damage by free radicals and supporting the immune system.

Since water-soluble vitamins are not stored in the body, they are generally considered safe at recommended dosages as any excess is flushed out in the urine. However, it is important to maintain a regular intake because the body does not have a large reserve to draw upon when dietary intake is inadequate. This rapid turnover rate explains why deficiencies can quickly develop if dietary intake is insufficient. Common symptoms of such deficiencies might include skin disorders, cracks in the lips, dry hair, or more serious

conditions such as anemia or neurological impairments.

Taking a daily supplement, such as a B-complex, can be beneficial in ensuring adequate intake of these essential nutrients, particularly for individuals who may not get enough from their diet alone. This is especially relevant for those who follow vegetarian or vegan diets, as some B vitamins, particularly B12, are primarily obtained from animal sources. Regular intake of these vitamins is crucial to avoid the rapid onset of deficiencies and to support overall health.

NEW QUESTION # 100

All of the following are specimen types used in laboratory assessments except:

- A. plasma
- B. nutritional status
- C. serum
- D. erythrocytes

Answer: B

Explanation:

In the context of laboratory assessments, various biological specimens are utilized to conduct tests that help in diagnosing, monitoring, and managing diseases. Common specimens include serum, plasma, and erythrocytes (red blood cells). Each of these plays a specific role in medical testing:

Serum is the liquid fraction of blood that is collected after the blood has been allowed to clot and the clot has been removed. It is used for a wide range of tests, including blood glucose, cholesterol levels, and many other biochemical analyses.

Plasma, on the other hand, is the liquid component of blood in which the blood cells are suspended. It is obtained by centrifuging the blood without letting it clot. Plasma is used for tests such as coagulation studies and certain protein measurements.

Erythrocytes, or red blood cells, are often analyzed to assess their shape, size, and number, which are critical in diagnosing conditions like anemia or polycythemia.

While serum, plasma, and erythrocytes are all specific types of specimens directly linked to blood, "nutritional status" is not a specimen type but rather a broad term referring to the assessment of nutrients in the body. Nutritional status can be evaluated through various means including dietary surveys, anthropometric measurements (like body weight and height), and biochemical markers in blood or other fluids. However, unlike serum, plasma, or erythrocytes, nutritional status itself is not a tangible specimen that can be directly analyzed in a lab.

Therefore, when considering the types of specimens used in laboratory assessments, "nutritional status" stands out as the exception. It is a result derived from analyzing different specimens, not a specimen itself. This distinction is crucial for understanding the types of materials actually handled and analyzed in a laboratory setting.

NEW QUESTION # 101

In which of the following "shops" are employees not required to join a union?

- A. union shop
- B. closed shop
- C. open shop
- D. agency shop

Answer: C

Explanation:

The question asks about the type of work environment where joining a union is not mandatory for employees. The options given are various types of "shops" or workplace environments concerning union membership policies. To clarify, each type of shop operates under different rules regarding union membership:

1. **Union Shop:** In a union shop, all employees must join the union after being hired within a certain period and must remain members of the union as a condition of employment. This setup is designed to ensure that all workers who benefit from the union's negotiations are contributing members.

2. **Open Shop:** An open shop, in contrast, does not require employees to join the union as a condition of employment. Employees in an open shop can choose to join the union or remain independent without any repercussions regarding their employment status. This environment provides workers with the freedom to decide whether they want to participate in union activities and pay dues. Because this option aligns with the question's criteria where union membership is not compulsory, this is the correct answer.

3. **Closed Shop:** A closed shop was a work setting where employees must be members of the union before they are hired. However, this has been largely outlawed in many regions, including the United States, under the Taft-Hartley Act of 1947. In areas

where they are still allowed, they represent a strong union presence and control over workforce composition.

4. ****Agency Shop:**** In an agency shop, employees are not required to join the union, but all workers must pay the union fees regardless of their membership status. These fees are meant to cover the costs of collective bargaining and administration that the union undertakes on behalf of all workers. This setup ensures that the union is funded but does not force employees to become formal members.

To summarize, the only "shop" in the given options where employees are not required to join a union or pay dues as a condition of their employment is the open shop. This makes the "open shop" the correct answer to the question regarding which workplace environment does not mandate union membership for employees.

NEW QUESTION # 102

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