

HEALTHCARE STUDY GUIDE DIETITIANS YEAR 1 CORE KNOWLEDGE

**250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS**



LEARNERS | PRACTITIONERS | EDUCATORS

HealthcareStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Healthcare Study Guide For

Healthcare Study Guide is a professional-grade study and review resource for healthcare workers across the United States and Canada. Whether you're preparing for a certification exam, re-entering the workforce, or transitioning into a new role or specialty, this guide is designed to help you test your knowledge, reinforce critical concepts, and build career confidence.

This guide can be used for exam preparation, knowledge review, and independent study. It is suitable for a wide range of professionals who need to refresh, refine, or benchmark their understanding of core healthcare topics.

It is not a substitute for accredited coursework or formal clinical training, and does not replace regulatory, licensing, or board-approved materials. Rather, it is meant to complement your preparation, offering structured support and insight as you work toward your goals.

Who We Serve

1. Internationally Trained Healthcare Professionals

You've completed your education and worked in your home country. Now you're preparing to meet Canadian or U.S. standards. This guide helps you align your clinical knowledge with North American expectations.

2. Licensed Nurses, Paramedics, and Allied Health Workers Advancing Their Roles

Whether you're moving from general practice to a specialty field, taking on leadership, or preparing for an internal assessment, this guide helps you reinforce foundational knowledge and expand into more advanced thinking.

3. Returning Healthcare Professionals

If you're re-entering the workforce after time away, this guide is a practical starting point to evaluate what you remember, what's changed, and where to focus next.

4. New Graduates Preparing for Exams

You're nearing the end of your formal education, and now it's time to prepare for licensing. Our practice tests and explanations help you study smarter and approach your exams with confidence.

5. Healthcare Instructors, Coaches, and Bridge Programs

You need reliable, structured materials to support learners from diverse backgrounds. This guide is suitable for supplemental instruction, assessment tools, and career readiness modules.

Start Strong. Stay Sharp. Move Forward With Confidence.

Whether you're preparing for exams, transitioning into a new role, or reviewing after time away, *Healthcare Study Guide* gives you the structure and clarity to take your next step. Designed for independent learners, this guide helps you build confidence, reinforce knowledge, and stay aligned with your professional goals.

Explore additional resources, practice tools, and review materials tailored to today's healthcare environment at: HealthcareStudyGuide.com

Certainly! Here's a version that's approximately 20% longer, while maintaining clarity and structure—ideal for filling out the page more fully without being repetitive:



What Healthcare Study Guide Offers

Whether you're preparing for a certification exam, returning to the field after time away, or stepping into a new clinical role, *Healthcare Study Guide* provides the structure and insight you need to move forward with purpose. Designed to reflect North American clinical standards, this guide gives you a flexible, self-paced tool for reinforcing your knowledge and building confidence.

1. **Structured Study Guides**

Each guide is developed and reviewed by experienced healthcare professionals to align with core competencies across roles and jurisdictions. Content is thoughtfully organized to help learners from diverse educational backgrounds, including internationally trained professionals, navigate complex topics with clarity and focus.

2. **Exam-Style Practice Tests**

Timed, multiple-choice practice exams simulate real testing environments. These allow you to track progress, improve decision-making under pressure, and become more familiar with exam structure, pacing, and question format.

3. **Role-Specific Question Banks**

Our question banks are organized around practical responsibilities and clinical terminology you'll encounter on the job. Whether you're in direct patient care, support services, or administration, the material is crafted to reflect real-world priorities and expectations.

4. **Clinical Answer Rationales**

Each question is followed by a detailed rationale explaining not just which answer is correct, but why it's correct. This supports deeper learning, strengthens clinical reasoning, and encourages critical thinking—especially useful for internationally trained professionals adapting to North American protocols.

5. **Supplemental Review Tools**

You'll also find extra learning material on topics such as infection prevention, patient safety, ethical care, cultural competence, and interprofessional communication. These tools are designed to round out your knowledge and help you better understand the expectations of modern healthcare systems.

Using This Guide Effectively

This study guide is meant to supplement—not replace—formal education, accredited coursework, or required clinical training. It should be used to enhance your preparation by identifying your strengths, exposing gaps in knowledge, and encouraging repeat engagement with real-world scenarios and test logic.

For best results, we recommend pairing this guide with official reference materials and regulatory frameworks provided by your licensing authority, training institution, or employer. This combined approach ensures that you're not only reviewing the right material but developing a mindset for safe, confident, and effective practice.



Ready to Take the First Step Toward Career Progression

Whether you're pivoting to a new specialty, re-entering the field, or preparing for certification in the U.S. or Canada, this guide provides a structured foundation for the next step in your healthcare career.

Visit **HealthcareStudyGuide.com** to access additional resources, take full-length practice tests, and explore tools tailored to your role and goals.

Why Healthcare Study Guide

We believe healthcare education should be practical, affordable, and accessible—whether you're starting a new chapter, transitioning across borders, or stepping into a more advanced role. This guide was built to help you move forward with clarity, confidence, and direction.

This isn't a shortcut. It's a structured, expert-reviewed study and review tool designed to help you assess your knowledge, strengthen clinical reasoning, and focus on what matters most. From practice tests to detailed answer breakdowns, every feature is designed to support real-world preparation—not just academic review.

Use this guide alongside formal coursework, official licensing materials, and clinical experience for the best results.

Success Stories from Professionals Like You

"I was preparing to return to practice in North America after more than a decade abroad. This guide gave me a clear path to follow. It helped me refocus and regain my confidence before applying for hospital roles."

— Priya D., Registered Nurse

"I used this guide while prepping for a trauma nurse position. The questions pushed me to think beyond memorization and into clinical decision-making. It helped me walk into the interview prepared and focused."

— Daniel H., Licensed Practical Nurse

"I'm an instructor for an international bridging program. We needed something affordable that didn't compromise on depth. The explanations are sharp, the structure is clean, and my students rely on it week after week."

— Tanya W., Clinical Educator

Ready to Start Your Own Success Story

Whether you're reviewing core skills, preparing for certification, or planning a lateral move—Healthcare Study Guide gives you the tools to move forward with purpose.

Visit **HealthcareStudyGuide.com** to get started today.



What This Guide Will Teach You

This guide isn't just about reviewing facts. It's about sharpening clinical reasoning, preparing for role-specific expectations, and building confidence as you advance, transition, or requalify in healthcare.

Success in this field demands more than academic knowledge. It requires focus, effort, and a mindset ready for high-pressure decision-making. Here's what to expect:

- 1. Progress takes work**

This guide is a tool—how much you gain depends on how actively you use it. Engaging with questions, reviewing explanations, and retesting weak areas is key to progress.

- 2. The focus is on clinical thinking**

Every question is designed to develop how you think, not just what you know. The answer explanations aren't filler—they're your opportunity to strengthen diagnostic logic, decision-making, and situational awareness.

- 3. It's a supplement, not a stand-alone solution**

This guide is most effective when paired with accredited coursework, current regulatory materials, and hands-on experience. It helps orient your study and fill knowledge gaps—but it's not a replacement for formal training or licensure requirements.

Used consistently, this guide can help you study with more purpose, reduce stress, and show up prepared—whether for an exam, a return-to-practice interview, or a new position in healthcare.

What This Guide Is—and What It Is Not

Healthcare Study Guide is a structured study resource built to support exam preparation, professional transitions, and independent review. It includes questions, explanations, and scenario-based material designed by professionals to reflect clinical realities in North American healthcare.

However, credentialing and licensure standards vary. This guide does not guarantee certification and is not affiliated with any official regulatory or licensing body.

This is not a substitute for medical education, formal clinical instruction, or hands-on patient care experience. It is meant to complement your preparation—not replace it.

Before using this guide for credentialing purposes, verify current requirements with your licensing authority or relevant governing body.



Disclaimer

Healthcare Study Guide is a supplemental resource for individuals preparing for healthcare-related certification exams, re-entry assessments, or professional development. It is not intended to replace accredited programs, official licensing materials, or supervised clinical training.

This guide is not affiliated with or endorsed by any licensing board, academic institution, certifying agency, or medical organization in Canada, the U.S., or any other jurisdiction. Requirements for certification, licensure, and exams vary significantly between roles and regions. Users are responsible for confirming this guide aligns with their jurisdiction's current standards.

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Unlock Your Next Step

Whether you're studying for a national exam or re-entering the healthcare field, this guide is designed to move with you—offering practical tools to build confidence and clarity in your next step.

With flexible, self-paced learning built for busy professionals, *Healthcare Study Guide* supports learners at every stage. Visit HealthcareStudyGuide.com for access to practice tests, review tools, and resources tailored to your goals.



SNOWSITES



Year 1: Foundations of Nutrition for Dietitians

Subject 3. Introduction to Digestion and Nutrient Absorption

o Focus:

1. What is the primary organ for digestion?

- a) Pancreas
- b) Liver
- c) Stomach
- d) Small intestine

Correct Answer: d) Small intestine

Explanation: The small intestine is the primary organ for digestion and nutrient absorption. It is where most of the chemical digestion occurs, and nutrients are absorbed into the bloodstream. The small intestine has three parts: duodenum, jejunum, and ileum, each playing a crucial role in processing food and facilitating nutrient uptake.

2. What enzyme begins starch digestion?

- a) Lactase
- b) Lipase
- c) Protease
- d) Amylase

Correct Answer: d) Amylase

Explanation: Amylase is the enzyme responsible for breaking down starches into simpler sugars. It is produced in the salivary glands and the pancreas. In the mouth, salivary amylase initiates the digestion of carbohydrates, which continues in the small intestine with pancreatic amylase, aiding in the complete digestion of starch.

3. Which nutrient is primarily absorbed in the stomach?

- a) Carbohydrates
- b) Vitamins
- c) Fats
- d) Proteins

Correct Answer: d) Proteins

Explanation: The stomach primarily absorbs certain nutrients, particularly proteins, through the action of gastric juices containing hydrochloric acid and pepsin. These substances break down proteins into smaller peptides. While most nutrient absorption occurs in the small intestine, some protein breakdown begins in the stomach, preparing for further digestion.



4. What is the role of bile in digestion?

- a) Absorbs nutrients
- b) Neutralizes acid
- c) Digests proteins
- d) Breaks fat

Correct Answer: d) Breaks fat

Explanation: Bile, produced by the liver and stored in the gallbladder, plays a crucial role in fat digestion. It emulsifies fats, breaking them into smaller droplets that enzymes can more easily access. This process enhances the efficiency of lipase, the enzyme that further digests fats into fatty acids and glycerol for absorption.

5. Which part of the intestine absorbs water?

- a) Stomach
- b) Large intestine
- c) Small intestine
- d) Esophagus

Correct Answer: b) Large intestine

Explanation: The large intestine, or colon, is primarily responsible for absorbing water and electrolytes from indigestible food matter. This absorption helps to form solid waste, or feces, and maintain hydration levels in the body. The large intestine also houses beneficial bacteria that contribute to certain digestive processes.

6. What is the main function of villi?

- a) Store bile
- b) Increase absorption
- c) Digest proteins
- d) Produce enzymes

Correct Answer: b) Increase absorption

Explanation: Villi are small, finger-like projections lining the walls of the small intestine. Their primary function is to increase the surface area available for nutrient absorption. Each villus contains microvilli, further enhancing this surface area, allowing for efficient uptake of nutrients like amino acids, sugars, and fatty acids into the bloodstream.



7. Which nutrient provides the most energy?

- a) Vitamins
- b) Fats
- c) Proteins
- d) Carbohydrates

Correct Answer: b) Fats

Explanation: Fats provide the most energy per gram compared to proteins and carbohydrates. They yield approximately 9 calories per gram, while proteins and carbohydrates provide about 4 calories per gram each. This high energy density makes fats an essential nutrient for energy storage and metabolism in the body.

8. What is the function of the pancreas?

- a) Absorb nutrients
- b) Produce bile
- c) Secrete digestive enzymes
- d) Store glycogen

Correct Answer: c) Secrete digestive enzymes

Explanation: The pancreas plays a vital role in digestion by producing and secreting digestive enzymes, such as amylase, lipase, and protease. These enzymes are released into the small intestine, where they help break down carbohydrates, fats, and proteins, facilitating nutrient absorption. The pancreas also regulates blood sugar levels through insulin production.

9. What does pepsin digest?

- a) Fats
- b) Proteins
- c) Carbohydrates
- d) Vitamins

Correct Answer: b) Proteins

Explanation: Pepsin is an enzyme that specifically digests proteins into smaller peptides in the stomach. It is activated from its inactive form, pepsinogen, by the acidic environment of the stomach. Pepsin's action is essential for protein digestion, allowing for further breakdown and absorption in the small intestine.



10. Where does most nutrient absorption occur?

- a) Pancreas
- b) Large intestine
- c) Stomach
- d) Small intestine

Correct Answer: d) Small intestine

Explanation: The small intestine is the primary site for nutrient absorption in the digestive system. It is equipped with a large surface area due to its length and the presence of villi and microvilli. This structure facilitates the efficient uptake of nutrients, including carbohydrates, proteins, fats, vitamins, and minerals, into the bloodstream.

11. Which vitamin is fat-soluble?

- a) Vitamin B12
- b) Vitamin C
- c) Vitamin B6
- d) Vitamin A

Correct Answer: d) Vitamin A

Explanation: Vitamin A is a fat-soluble vitamin, meaning it dissolves in fats and oils and is stored in the body's fatty tissues and liver. This property allows for a longer storage duration compared to water-soluble vitamins. Fat-soluble vitamins are essential for various functions, including vision, immune function, and skin health.

12. What is the primary role of fiber?

- a) Fat storage
- b) Digestive regulation
- c) Nutrient absorption
- d) Energy production

Correct Answer: b) Digestive regulation

Explanation: Fiber plays a crucial role in digestive health by regulating bowel movements and preventing constipation. It adds bulk to the stool, aiding in its passage through the digestive tract. Additionally, fiber can help manage blood sugar levels and cholesterol, contributing to overall health and well-being.



13. Which enzyme breaks down fats?

- a) Lactase
- b) Protease
- c) Lipase
- d) Amylase

Correct Answer: c) Lipase

Explanation: Lipase is the enzyme responsible for breaking down fats into fatty acids and glycerol during digestion. It is produced in the pancreas and secreted into the small intestine, where it acts on dietary fats. Efficient fat digestion is essential for nutrient absorption and energy provision in the body.

14. What is the role of hydrochloric acid?

- a) Break down fats
- b) Activate pepsin
- c) Absorb nutrients
- d) Secrete bile

Correct Answer: b) Activate pepsin

Explanation: Hydrochloric acid in the stomach serves multiple functions, one of which is to create an acidic environment that activates the enzyme pepsin from its inactive form, pepsinogen. This activation is crucial for protein digestion, allowing the stomach to effectively break down proteins into smaller peptides for further digestion in the small intestine.

15. What is the main carbohydrate in our diet?

- a) Protein
- b) Sugar
- c) Starch
- d) Fiber

Correct Answer: c) Starch

Explanation: Starch is the main carbohydrate found in our diet, primarily sourced from grains, legumes, and starchy vegetables. It serves as a significant energy source for the body and is broken down into glucose during digestion, which is then utilized by cells for energy production.



16. What process moves food through the digestive tract?

- a) Absorption
- b) Peristalsis
- c) Digestion
- d) Secretion

Correct Answer: b) Peristalsis

Explanation: Peristalsis is the process that moves food through the digestive tract. It involves rhythmic contractions of the smooth muscles in the digestive walls, which push food along the esophagus, stomach, and intestines. This involuntary movement is essential for efficient digestion and nutrient absorption.

17. What is the primary function of the liver?

- a) Digest proteins
- b) Store fats
- c) Absorb nutrients
- d) Produce bile

Correct Answer: d) Produce bile

Explanation: The liver's primary function related to digestion is the production of bile, which is essential for fat digestion. Bile emulsifies fats, making them easier for digestive enzymes to act upon. Additionally, the liver processes nutrients absorbed from the intestine and detoxifies harmful substances, playing a critical role in metabolism.

18. Which nutrient is essential for tissue repair?

- a) Fats
- b) Proteins
- c) Carbohydrates
- d) Vitamins

Correct Answer: b) Proteins

Explanation: Proteins are essential nutrients required for tissue repair and growth. They are composed of amino acids, which are the building blocks of body tissues. Adequate protein intake is crucial for recovery after injury, muscle growth, and overall health, making it a vital component of the diet for all individuals.



19. What is the function of lactase?

- a) Break down lactose
- b) Digest fats
- c) Absorb proteins
- d) Activate pepsin

Correct Answer: a) Break down lactose

Explanation: Lactase is an enzyme that breaks down lactose, the sugar found in milk and dairy products, into glucose and galactose. This process is essential for individuals who consume dairy, as it allows for the proper digestion and absorption of lactose. Those with lactose intolerance lack sufficient lactase, leading to digestive discomfort.

20. Which organ stores bile?

- a) Liver
- b) Small intestine
- c) Gallbladder
- d) Pancreas

Correct Answer: c) Gallbladder

Explanation: The gallbladder is the organ responsible for storing bile produced by the liver. When food, especially fatty foods, enters the small intestine, the gallbladder releases bile to assist in the digestion and absorption of fats. This storage function is crucial for efficient digestion during meals.

21. What is the role of the esophagus?

- a) Bile secretion
- b) Nutrient absorption
- c) Food transport
- d) Digestion

Correct Answer: c) Food transport

Explanation: The esophagus is a muscular tube that serves the primary role of transporting food from the mouth to the stomach. It uses coordinated muscle contractions, known as peristalsis, to propel food downward. This process is essential for moving ingested food into the digestive system for further breakdown and absorption.



22. What nutrient helps with hormone production?

- a) Fats
- b) Proteins
- c) Carbohydrates
- d) Minerals

Correct Answer: a) Fats

Explanation: Fats play a significant role in hormone production. Certain hormones, such as steroid hormones, are synthesized from cholesterol, a type of fat. Additionally, fats are crucial for the absorption of fat-soluble vitamins, which are involved in various hormonal functions, making them essential for overall health and hormonal balance.

23. What is the primary function of the small intestine?

- a) Digest proteins
- b) Produce enzymes
- c) Store bile
- d) Absorb nutrients

Correct Answer: d) Absorb nutrients

Explanation: The primary function of the small intestine is to absorb nutrients from digested food. Its structure, with villi and microvilli, maximizes the surface area for absorption. Nutrients like amino acids, glucose, fatty acids, vitamins, and minerals enter the bloodstream here, providing essential components for the body's metabolic processes.

24. Which type of carbohydrate is fiber?

- a) Simple
- b) Complex
- c) Sugary
- d) Soluble

Correct Answer: b) Complex

Explanation: Fiber is classified as a complex carbohydrate because it consists of long chains of sugar molecules that are not easily digestible. Unlike simple carbohydrates, which provide quick energy, fiber aids in digestion and promotes gut health. It is crucial for maintaining regular bowel movements and preventing constipation.



25. What is the primary source of energy for the body?

- a) Vitamins
- b) Carbohydrates
- c) Proteins
- d) Fats

Correct Answer: b) Carbohydrates

Explanation: Carbohydrates are the primary source of energy for the body. They are broken down into glucose, which is used by cells for energy production. Carbohydrates are especially important for high-intensity physical activities and brain function, making them a vital component of a balanced diet for optimal health and energy levels.



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About the Creators

Bobby Bedi

Bobby Bedi is a digital strategist and EdTech systems architect with over 30 years of experience building scalable learning platforms. With roots in architecture and digital innovation, he specializes in designing user-focused education tools that blend clean design with powerful infrastructure.

Bobby has led digital transformation initiatives across startups, public companies, and global education ventures. His work centers on making learning more intuitive, accessible, and effective—regardless of a user's background or starting point.

At Healthcare Study Guide, Bobby oversees platform strategy, systems design, and digital experience—ensuring that each product delivers clarity, performance, and long-term value for learners and institutions alike.

Kris McFarlane

Kris McFarlane is a content strategist, learning designer, and EdTech entrepreneur with two decades of experience building practical, outcome-driven education programs. His background spans business development, curriculum design, and instructional systems—particularly in industries where accessible education is critical to career growth.

Kris has led the development of national study systems used across North America, combining technical accuracy with an understanding of how real people learn. His approach centers on clear, actionable content that meets professionals where they are and helps them move forward—fast.

At Healthcare Study Guide, Kris leads product development and content strategy, ensuring that every module reflects clinical standards while remaining approachable, efficient, and easy to use.

Work with the Creators

Bobby and Kris bring over 40 years of combined experience in EdTech, curriculum design, and scalable learning systems. Together, they build platforms that make professional education more accessible, more effective, and more aligned with the demands of today's workforce.

To learn more or connect with the Unity Crest Solutions team, visit UnityCrestSolutions.com.



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At Unity Crest Solutions, our mission is clear: Unite, Educate, and Innovate. We stand at the forefront of technological and educational innovation, solving global business challenges with strategic, cutting-edge solutions. Founded on the core principles of accessibility, efficiency, and continuous improvement, Unity Crest has become a driving force in transforming industries and empowering organizations across diverse sectors.

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Unite, Educate, and Innovate

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This resource has been developed to support academic reinforcement and exam readiness, particularly for individuals seeking to assess their baseline understanding or return to practice. It is not a standalone training tool and should never be used in lieu of accredited coursework, hands-on experience, or jurisdictional requirements outlined by your certifying body.

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We strongly recommend that all users consult the official resources provided by their provincial, state, or national regulatory organizations to obtain the most current, accurate, and legally binding information regarding licensing requirements, exam structure, and scope of practice.

Use this guide as a companion—not a replacement—for official training and credentialing pathways.



Unlock Your Potential with the Healthcare Study Guide

Whether you're preparing for a healthcare certification exam, stepping into a new clinical role, or transitioning from international training into the North American healthcare system, the Healthcare Study Guide is designed to support your next step.

This guide goes beyond memorization. It offers a structured, focused approach to help you review core knowledge, strengthen clinical reasoning, and prepare with confidence. Created for professionals at all stages, it delivers practical insight—without the high cost or complexity of traditional review programs.

What We Offer

- **Realistic Practice Tests**
Timed assessments simulate the pace and pressure of real exams, helping you evaluate readiness, sharpen focus, and build test-day confidence.
- **Targeted Question and Answer Sets**
Engage with questions written by healthcare professionals, aligned with clinical logic and licensing standards in both the U.S. and Canada.
- **In-Depth Explanations**
Every answer includes a clear, practical rationale—so you understand not just what's correct, but why. It's preparation Designed for clinical application.

Whether you're preparing for licensing, requalification, or a shift in specialty, this guide gives you the tools to move forward—on your own schedule.

Real Stories from Real Professionals

- "This gave me the structure I needed. After years away from practice, it helped me rebuild confidence and pass my certification."
— Alina S., Registered Nurse
- "I was preparing to move into emergency care. This guide helped me refocus and sharpen the clinical thinking I needed."
— Marcus K., Paramedic
- "As a program lead in an international bridge course, I've reviewed dozens of study tools. This is one of the few I continue to recommend."
— Dr. Elise N., Healthcare Educator

Take the Next Step in Your Career

Healthcare professionals across North America use this guide to sharpen their knowledge, rebuild confidence, and move into new roles with clarity and purpose. Now it's your turn.

Visit HealthcareStudyGuide.com to access the tools and support designed to help you prepare smarter, faster, and with more confidence.

Your next step starts here.



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