

PrepTable RD Exam Self Assessment - 50 Questions

Disclaimers:

- The purpose of this test is to assess your knowledge of the RD Exam. **Do not use your notes or books during this assessment.**
- This test is grouped into four domains for scoring purposes. However, it does not mimic the real RD exam, where you will encounter questions from all four domains at random.

Instructions:

1. Before you start, grab a **timer**, a piece of **white paper**, a basic **calculator**, and a **pen**.
2. Read each question and answer choices carefully. Choose the best answer.
3. Set the timer to **60 minutes**. Try to finish all 50 questions within this time.
4. Use the last page to calculate your scores.



PREPTABLE RD EXAM ASSESSMENT



Domain I (15 questions)

Score ___ / 15

1. In the regulation of calcium and phosphorus metabolism, which hormones play opposing roles in maintaining homeostasis?
 - a. Calcitonin and Parathyroid Hormone
 - b. Calcitriol and Aldosterone
 - c. Insulin and Glucagon
 - d. Thyroxine and Triiodothyronine

2. Which of the following inhibits glycogenesis?
 - a. Glucagon
 - b. Epinephrine
 - c. Insulin
 - d. Glucagon and epinephrine

3. Which compounds can tryptophan be converted into?
 - a. Serotonin & niacin
 - b. Serotonin & cysteine
 - c. Serotonin & tyrosine
 - d. Serotonin & phenylalanine

4. Which hormonal regulation is associated with the maintenance of the uterine lining during early pregnancy and the inhibition of lactation until after childbirth?
 - a. Decreased progesterone and oxytocin levels
 - b. Increased oxytocin and prolactin levels
 - c. Rising progesterone levels
 - d. Decreased prolactin and oxytocin levels

5. Where are sodium, potassium and chloride absorbed in the GI tract?
 - a. Stomach
 - b. Duodenum
 - c. Ileum
 - d. Colon

6. Which of the following micronutrients is not involved in bone health?
 - a. Vitamin D
 - b. Zinc
 - c. Magnesium
 - d. Fluoride

7. Which of the following is TRUE about baby formula?
 - a. It contains less protein, more iron and less antibodies than human breast milk.
 - b. It contains more kcals per oz and is more easily digested than human breast milk.
 - c. It contains more protein than human breast milk, is commonly fortified with iron and contains no antibodies.
 - d. Formula is fortified with vitamin D so supplementing formula-fed babies with vitamin D is unnecessary.

8. Which of the following antioxidants is not commonly used in food containing oil or fat to prevent oxidation?
- BHT (butylated hydroxytoluene)
 - BHA (butylated hydroxyanisole)
 - Propionate
 - Propyl gallate
9. Anthoxanthin turns _____ when the pH is low and _____ when pH is high.
- White, Yellow
 - Yellow, White
 - Red, Blue
 - Blue, Red
10. A high intake of sorbitol and mannitol may cause:
- Excessive fatigue
 - Intestinal cramps
 - Diarrhea
 - Constipation
11. A group of researchers is interested in understanding the prevalence of a specific health behavior among adults in a community. They decide to collect data at a single point in time to gain insights into the characteristics of this behavior. Which type of study design are the researchers most likely to employ?
- Case study
 - Cross-sectional study
 - Descriptive research
 - Correlational research
12. Which should you avoid when taking an anticoagulant?
- Calcium & Phosphorus supplements
 - Cobalt supplement
 - Vitamin K supplement
 - Vitamin E & Fish oil supplements
13. A serum sodium level of 149 mEq/L is least likely caused by:
- High consumption of sodium-rich foods
 - Third degree burns
 - Dehydration
 - Hyperaldosteronism
14. In a patient presenting with symptoms of fatigue, weight gain, and cold intolerance, laboratory tests reveal low levels of triiodothyronine and thyroxine, along with elevated thyroid-stimulating hormone. What is the most likely diagnosis for this patient's condition?
- Hashimoto's thyroiditis
 - Grave's disease
 - Hyperthyroidism
 - Prader-Willi Syndrome

15. You baked a cake and noticed that upon cutting a slice, the texture was very tough and dry. What may have caused this?
- Not enough sugar
 - Not enough flour
 - Not enough mixing
 - Too much fat

Domain II (15 questions)

Score ___ / 15

- Which of the following is the best nutrition intervention for gastroparesis?
 - Low carb, low fiber, chew thoroughly
 - Eat only at breakfast, lunch, and dinner (3x/day)
 - 5-6 small meals per day with raw fruits and vegetables as snacks
 - Low fat, low fiber, chew thoroughly
- Gina consumed 80 grams of protein today. We analyzed her urine and discovered 9 grams of urinary urea nitrogen (UUN). What is her nitrogen balance?
 - 0.2
 - 0
 - 1.8
 - 2.3
- A 56 year old female patient with chronic pancreatitis on PERT should take oral pancreatic enzymes when _____:
 - She eats any food or snacks
 - She eats greasy foods
 - She has intolerable steatorrhea
 - She has abdominal pain
- What is a quick diet assessment method for a large group of college students?
 - Food frequency questionnaires
 - Weighed food diaries
 - Diet history recall
 - 24-hour diet intake
- Patient has a history of reactive hypoglycemia, which of the following advice is incorrect?
 - Increase fluid intake
 - Have sugar tablets or juice nearby
 - Decrease intake of concentrated carbohydrates in a meal
 - Adjust insulin dosage
- Don's whole arm was amputated following a bad car accident. Prior to his accident, Don weighed 187 pounds. He is 5'10" tall. What is Don's adjusted IBW?
 - 150 lbs
 - 155 lbs
 - 158 lbs
 - 166 lbs

7. Which desert option should Parkinson's patients avoid when taking levodopa simultaneously?
 - a. Greek yogurt with fruits
 - b. Fruit smoothie with spinach
 - c. Banana bread with raisins
 - d. Donut with strawberry jam

8. What diuretic can retain potassium better?
 - a. Lasix
 - b. Desmopressin
 - c. Hydrochlorothiazide
 - d. Spironolactone

9. A 55-year-old male patient came to the hospital with blood glucose 120 mg/dL, CRP 1.9 mg/L, LDL 143 mg/dL, HDL 25 mg/dL, total cholesterol 253 mg/dL, and hemoglobin 26 g/dL. What might be his medical concerns?
 - a. Iron deficiency anemia
 - b. High cholesterol
 - c. Diabetes
 - d. Dehydration

10. Which of the following complications is more common with Ulcerative Colitis than Crohn's?
 - a. Fistulas
 - b. Strictures
 - c. Obstructions
 - d. Toxic megacolon

11. Which of the following herbal supplements should you avoid when taking Phenytoin and/or Levodopa?
 - a. Ginkgo Biloba
 - b. Ginseng
 - c. Valerian Root
 - d. Milk Thistle

12. A 45 year old male patient is receiving a parenteral solution, which has 80 grams of protein, 170 grams of dextrose, and a 30% fat emulsion at 3 ml per hour. How many total calories will this parental solution provide in a day?
 - a. 615 kcal
 - b. 1114 kcal
 - c. 1423 kcal
 - d. 1520 kcal

13. Which of the following programs provides nutrition education training to food service personnel and school teachers?
 - a. NETP
 - b. SNAP
 - c. NSBP
 - d. FFVP

14. Which of the following conditions is characterized by inflammation and cracking around the corners of the mouth?
- Glossitis
 - Gingivitis
 - Cheilosis
 - Stomatitis
15. When substituting whole fat milk for 1% low fat milk, how many fat exchanges are omitted?
- 0.5
 - 1.5
 - 2
 - 3

Domain III (10 questions)

Score ___ / 10

1. The foodservice manager is highly focused on improving employee satisfaction and morale. However, their concern for tasks has taken a backseat and therefore productivity has been lower than usual. What type of leadership is this?
- (1,9) Country Club Leadership
 - (9,1) Produce or Perish Leadership
 - (5,5) Middle of the Road Leadership
 - (9,9) Team Leadership
2. According to McClelland's theory, Which of the following describe Josh's motivation at work? Josh works in a world-renowned hospital. He likes to work with challenging patients to showcase his problem solving skills. He wants the best results in his work. However, he dislikes working with a team when making decisions.
- High need for Affiliation
 - High need for Achievement
 - High need for Power
 - Both a and c
3. When making decisions as a manager, you should take the following steps:
- Gather data, find solutions, take action, follow up
 - Follow up, gather data, find solution, take action
 - Recognize the problem, gather data, find solutions, take action, follow up
 - Find workable solutions, choose the best solution, take action, gather data, follow up
4. Which method below encourages the manager to seek out opinions of other workers when trying to solve a company problem?
- A Gantt chart
 - A cause and effect diagram
 - Delphi technique
 - Queuing theory

5. In January 2024, your department's total labor hours were reported to payroll at 2,600 hours. Calculate the FTE.
- 13
 - 15
 - 16.25
 - 65
6. Which leadership style enforces strict rules, policies, and procedures, aiming for stability and predictability but may lead to slow decision-making and lack of flexibility?
- Autocratic
 - Bureaucratic
 - Consultative
 - Laissez-faire
7. Using the prime cost method, determine the selling price given the following information:
- Raw food cost: \$2.60
Labor cost: 7 mins at \$14/hr
Labor & Food cost percent: 71%
- \$3.65
 - \$5.96
 - \$6.25
 - \$13.55
8. Which labor legislation granted employees the right to form or join unions, engage in protected activities, and protected them from adverse employment actions for participating in union activities?
- Taft Hartley Labor Act (LMRA)
 - Fair Labor Standards Act (FLSA)
 - National Labor Relations Act - Wagner Act (NLRA)
 - Equal Pay Act
9. Which of the following options is considered a sunk cost?
- Retirement
 - Insurance
 - Depreciation
 - Sales commissions
10. Calculate the break-even point using the given information. Based on the break-even analysis, determine whether the facility is currently operating with a net profit or loss.
- Fixed costs: \$30,750
Variable costs: \$60,155
Sales: \$100,800
- \$76,260; net loss
 - \$76,260; net profit
 - \$86,561; net loss
 - \$86,561; net profit

Domain IV (10 questions)

Score ___ / 10

1. Find the inventory turnover rate given the following information:
Net profit: \$15,880
Total meals served per day: 280
Cost of goods sold: \$55,000
Average inventory value: 10,000
 - a. 1.58
 - b. 3.91
 - c. 5.5
 - d. 56.71

2. The chef is considering steak as part of the cycle menu. He noticed that the as-purchased weight for raw beef is 40 lb, the as-purchased cost for beef is \$10 per lb, and the percent yield is 80%. What is the edible-portion cost?
 - a. \$550
 - b. \$500
 - c. \$320
 - d. \$440

3. A patient developed stomach pain, diarrhea without fever after lunch. He ate lunch about 5 hours ago. What could be the cause?
 - a. Clostridium perfringens
 - b. Listeria monocytogenes
 - c. Campylobacter jejuni
 - d. Staphylococcus aureus

4. You are in charge of checking food appearance, taste and texture before serving. What kind of procedure is this?
 - a. Quality control
 - b. Quantity control
 - c. Safety control
 - d. Critical control points

5. Which of the following foods is the most safe to serve in a restaurant?
 - a. Hard boiled eggs at 100°F
 - b. Shrimp salads at 60°F
 - c. Chicken soup at 160°F
 - d. Beef stew at 165°F

6. If the rinse cycle of the dishwashing machine is at 140°F, the foodservice manager should:
 - a. Double the duration of the rinse cycle
 - b. Add chloride to the rinse cycle
 - c. Double the wash cycle
 - d. Use paper plates until manufacture fix the machine

7. You suddenly started having diarrhea after eating a sous-vide dish (that was held at 75°F) about 8 hours ago. What is the likely cause?
- Clostridium botulinum
 - Clostridium perfringens
 - Listeria monocytogenes
 - Shigella
8. Which piece of commercial cooking equipment is the most versatile?
- Microwave oven
 - Convection oven
 - High-pressure steamer
 - Tilting Skillet
9. Find the food cost per meal in March given the details below:
- Inventory March 1st: \$38,000
Inventory April 1st: \$32,075
Food purchased in March: \$21,780
Meals served in March: 50,000
- \$0.97
 - \$0.55
 - \$0.44
 - \$0.12
10. A diagram shows a worker's paths in relationship to their work stations is called:
- A process diagram
 - A flowchart
 - A template
 - A crosstab

PrepTable RD Exam Self Assessment - 50 Questions**Correct Answers:**

Domain I	Domain II	Domain III	Domain IV
1. A	1. D	1. A	1. C
2. D	2. A	2. B	2. B
3. A	3. A	3. C	3. D
4. C	4. A	4. B	4. A
5. D	5. A	5. B	5. D
6. B	6. C	6. B	6. D
7. C	7. A	7. B	7. B
8. C	8. D	8. C	8. D
9. A	9. B	9. A	9. B
10. C	10. D	10. B	10. B
11. B	11. A		
12. D	12. B		
13. A	13. A		
14. A	14. C		
15. A	15. B		

Total Score _____ / 50

Detailed explanation of each question will be posted on www.Preptable.org under “Resources” by the end of January 2024.