Registration Examination for Dietetic Technicians – Sample Practice Questions

1. Which of the following foods can a patient who needs a wheat-free diet safely consume?

A. Graham crackers
B. Bran flakes
C. Couscous
D. Rice

2. Which of the following types of wheat flour has the highest protein content?

A. All-purpose flour
B. Pastry flour
C. Bread flour
D. Cake flour

3. Which of the following menus provides the best source of protein and iron for a client on a vegetarian diet?

A. Cheese sandwich, apple
B. Baked beans, corn bread
C. Vegetable stir-fry, hard roll
D. Vegetable pasta salad, French bread

4. Which of the following practices is a critical control point of production in a cook-chill system?

A. Holding the food hot at 145°F for 2 hours
B. Reheating the food to 140°F for 15 seconds
C. Cooking the food to at least 165°F for 15 seconds
D. Rapidly cool the food from 135°F to 41°F within 6 hours

5. What is the most appropriate biochemical test result for screening clients of a public health clinic for anemia?

A. Transferrin
B. Hematocrit
C. Serum iron
D. Total iron-binding capacity

6. What is the minimum temperature to which cooked, chilled, boneless turkey breast should be reheated?

A. 140°F
B. 155°F
C. 165°F
D. 180°F

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7. Which of the following visual aids is most likely to be effective in educating clients about the total fat content of foods?

A. A chart listing total fat content
B. Food models that illustrate total caloric content
C. A printed nutrient analysis of a sample diet
D. Fat models equal to fat content of common foods.

8. The manager of a fitness center introduces a reduced-fat granola bar at a price 25¢ lower than similar items in the center and hands out samples to promote the new product. The situation most appropriately reflects an example of:

A. target market.
B. marketing mix.
C. marketing strategy.
D. market segmentation.

9. The most effective way to teach a group of children in day care facility about healthy snack foods is to ask each child to:

A. name a favorite snack food.
B. taste a variety of snack foods.
C. draw a picture of a snack food.
D. write a story about snack foods.

10. Which of the following practices should be implemented by a dietetic technician who wishes to simplify work processes and tasks?

A. Hire only workers with prior foodservice experience.
B. Encourage methods that efficiently use time and effort.
C. Review the menu and remove time-consuming food items.
D. Include the importance of work simplification in performance evaluations.

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Rationales and References

1.

RATIONALE:
A: Graham Crackers contain wheat
B: Bran flakes contain wheat
C: Couscous contains wheat
D (KEY): Rice does not contain wheat and can therefore be safely consumed by someone that requires a wheat-free diet.

REFERENCE:
Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company. 526.

2.
RATIONALE:
A: 10%
B: 9%
C (KEY): 11%
D: 8%

REFERENCE:
Understanding Food: Principles and Preparation, 6th edition (2018) Brown, A, Cengage, 352.

3.
RATIONALE:
A. Cheese sandwich -contains protein and apple contains some iron but not the best source.
B. (Key) Baked beans -High in protein and good source of iron/white bean, cornbread-contains some iron and may be fortified with iron.
C. Vegetable stir-fry and hard roll are not good sources of iron or protein.
D. Vegetable pasta salad and French bread are not high in iron or protein.

REFERENCE:
Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company. 1162, 1190-1191.

4.
RATIONALE:
The production of a cook-chill system involves cooking the food to the proper temperature and chilling it quickly for later use. 'A' is incorrect because there is no need to hold the food at a hot temperature during production. 'C' is incorrect because not all food needs to be cooked to 165°F. 'D' is the correct answer as rapidly cooling the food is a part of production of a cook-chill system.

REFERENCE: Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 9 th ed. Upper Saddle River, NJ: Prentice-Hall; 2017, 68-71. & ServSafe Coursebook 8th edition (2022), National Restaurant Association.167.

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5.
RATIONALE:
A: measures iron supply to the tissues
B (KEY): the volume percentage of erythrocytes in blood
C: measure of the quantity of iron bound to transferrin
D: primarily reflects liver function and indirect measure of transferrin

REFERENCE:
Krause's Food & the Nutrition Care Process (2023) Mahan LK, Raymond JL/W B Saunders Company. 676-679.

6.
RATIONALE:
C - You must reheat TCS food for hot holding to an internal temperature of 165 degrees F.

REFERENCE:
ServSafe Coursebook 8th edition (2022), National Restaurant Association. 167

7.
RATIONALE:
A: this does not give a true visual depiction of the total fat in food
B: this focuses on caloric content rather than fat content
C: a nutrient analysis will include other nutrients and may pull the focus away from fat content
D (KEY): this is the best answer, these are realistic, and can show actual portion sizes of food for people to see; enhances motivation, improves understanding, and increases retention.

REFERENCE:
Contento IR. Nutrition Education: Linking Research, Theory and Practice. 2020. 466-471.

8.
RATIONALE:
A: This is a specifically defined consumer group to focus marketing efforts on, but the manager's actions relate to broader product, pricing, place, and promotion decisions rather than singling out a target demographic.
B: (KEY) The scenario relates to the components of the marketing mix- product, price, place, and promotion. By adding a new granola bar to their offerings that has the feature of reduced fat content and setting a competitive price point at 25 cents lower than alternatives, the manager is adjusting their product range and pricing tactics to appeal to customers. Additionally, providing free samples represents a promotional technique to drive awareness and trial of the item.
C: While the manager's choices align with the broader marketing strategy to offer healthier snacks at competitive prices, this defines an overarching game plan rather than the specific mix of product, price, place, and promotion. Implementing these granola bar decisions helps execute and accomplish strategic goals but is just one narrow program within the broader marketing

strategy.
D: Dividing consumers into groups with common needs and priorities informs the marketing mix, but the scenario does not indicate the manager is consciously segmenting the market with this new granola bar. The new granola bar appeals to most customers rather than a defined market segment.

REFERENCE:
Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 9 th ed. Upper Saddle River, NJ: Prentice-Hall; 2017. 429-430.

9.
RATIONALE:
A: does not necessarily mean the food is a healthy snack food
B: (KEY) research shows that children who observe other children eating/liking foods increased their liking and intake - will allow children to be exposed to new/healthy snacks
C: does not necessarily mean the food is a healthy snack food
D: does not necessarily mean the food is a healthy snack food

REFERENCE:
Contento IR. Nutrition Education: Linking Research, Theory and Practice. 2020. 37.

10.
RATIONALE:
A: This may help simplify work processes to some degree by having experienced staff but does not directly focus on streamlining processes and tasks.
B: (KEY) This directly focuses on simplifying and streamlining work processes and tasks. By actively identifying better and more streamlined ways for employees to complete key tasks, processes can be simplified and productivity enhanced.
C: This may eliminate some complex dishes but does not address improving processes and workflow for the remaining menu items.
D: While evaluating staff on this metric could encourage simplification efforts, it does not directly implement work simplification practices.

REFERENCE:
Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 9 th ed. Upper Saddle River, NJ: Prentice-Hall; 2017. 82-84; 394-395

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