

# CNC Practice Test Questions and Answers

## 1. What is a food desert?

- A) Desert region with sand
- B) Area with only fast food
- C) A place with too many food options
- D) A location with food trucks

## 2. What is self-efficacy?

- A) The ability to lose weight
- B) Client stress level
- C) Confidence in achieving goals
- D) Desire for rewards

## 3. What does RDAs stand for in nutrition?

- A) Recommended Diet Assumptions
- B) Registered Diet Advice
- C) Recommended Dietary Allowances
- D) Regional Daily Allocation

## 4. What is the main role of dietary fiber?

- A) Build muscle
- B) Provide vitamins
- C) Support vision
- D) Promote digestive health

**Answers: 1-B 2-C 3-C 4-D**

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