

NUTRITION

CDM

Certified Dietary Manager Exam

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Question: 1

The critical limit for handwashing with soap and water is:

- A. 10 seconds
- B. 20 seconds
- C. 30 seconds
- D. 40 seconds

Answer: B

Explanation:

A critical limit is a measurable criterion that must be achieved in order to ensure safety. When handwashing with soap and water, the critical limit is 20 seconds. Employees must wash their hands for 20 seconds before handling food products or raw meat and after using the bathroom, eating, drinking, and smoking. Hand sanitizers may be used in addition if the hands are not visibly soiled, but the hand sanitizer must contain at least 60% alcohol.

Question: 2

Under the Uniformed Services Employment and Reemployment Rights Act (USERRA), an employee has reemployment rights if the cumulative length of military or other qualified service does not exceed:

- A. 2 years
- B. 3 years
- C. 4 years
- D. 5 years

Answer: D

Explanation:

The USERRA gives employees who took time from work to serve in the military or other qualified service the right to be reemployed in the same or a comparable position upon return as long as the cumulative length of service does not exceed 5 years. However, there are some exemptions; for example, required training for the National Guard and a call to service during a national emergency are not counted toward the 5 years.

Question: 3

The purpose of preparing a pull list is to ensure that:

- A. Inventory items are used before the expiration date.
- B. All needed food items are ready for preparation.
- C. All expired or spoiled items are removed from inventory.
- D. Meat is removed from the freezer in time to thaw.

Answer: D

Explanation:

The purpose of the pull list is to ensure that meat is removed from the freezer in time to thaw. Preparation should begin as soon as the meat is thawed so it does not get too warm.

Meat	Thawing Time
Large roasts	4-7 hours per lb
Small roasts	3-5 hours per lb
Pork chops and steaks	12-14 hours
Chicken, whole	24 hours
Chicken, pieces	12-14 hours
Turkey (≥ 18 lb)	4-5 days
Turkey (< 18 lb)	2-3 days
Fish (frozen in block)	1-2 days

Question: 4

If a disaster results in a widespread electrical outage and failure of backup emergency supply in a healthcare facility, the food service should initially respond by:

- A. Serving canned and ready-to-eat foods
- B. Asking that clients be transferred
- C. Arranging for food to be brought in
- D. Using barbeque grills to heat food

Answer: A

Explanation:

In a disaster situation, such as a tornado, explosion, fire, flood, or hurricane, other facilities in the vicinity may be facing the same challenges and emergency services may be stretched thin, so the initial response to an electrical outage and failure of the backup emergency supply should involve serving canned and ready-to-eat foods, such as peanut butter sandwiches and canned fruit, and staying in place. Healthcare facilities often have priority when reestablishing electricity, so serving these meals buys time to get electricity restored.

Question: 5

When forecasting future food needs, the CDM depends on production history and census/tally figures. The CDM should also consider:

- A. Seasonal staffing issues

- B. Shortages and leftovers
- C. National economic trends
- D. Food delivery schedules

Answer: B

Explanation:

Forecasting future food needs involves estimating the food products that are required for the menu. Forecasting is usually done at least 1 week in advance and is carried out by looking at the production history (the amount of food served in the past), past and current census figures, and tally figures. However, this information alone is inadequate because shortages and leftovers should be considered because this will indicate if previous forecasting was too low or too high.

Question: 6

If a tray line manned by six employees puts out a tray in 45 seconds and produces, on average, 180 trays at breakfast, 200 at lunch, and 220 at dinner, how many total labor hours must be scheduled each day to staff the line?

- A. 7.5
- B. 27
- C. 45
- D. 62

Answer: C

Explanation:

The total number of trays for the three meals:

- $180 + 200 + 220 = 600$ trays

The total number of trays is multiplied by the time needed to prepare each tray, in this case, it is 45 seconds or 0.75 minute: $600 \times 0.75 = 450$.

- $450/60 = 7.5$ hours total tray time

Each of the six employees works during the entire tray preparation time.

- $7.5 \text{ hours} \times 6 \text{ employees} = 45$ total labor hours each day

Question: 7

A client with congestive heart failure is to have a low-sodium diet. The CDM interviews the client to ascertain how much the client understands about the diet. The best initial question is:

- A. "What do you know about a low-sodium diet?"
- B. "What are some foods that are high in sodium or salt?"
- C. "Do you eat a lot of foods that are high in sodium or salt?"
- D. "Do you usually add salt to the food you are eating?"

Answer: B

Explanation:

When teaching clients about a low-sodium diet, the first step is to ensure that they understand that sodium refers to salt—many clients may be unaware of this. A good question to begin an interview is "What are some foods that are high in sodium or salt?" The answer can help to determine how much information people need. Many people recognize that potato chips are salty, but they may have little understanding about sodium in other processed foods, such as canned and frozen foods.

Question: 8

In the restaurant industry, the expected time period for a return on investment for a casual dining establishment is:

- A. 1-2 years
- B. 3-5 years
- C. 5-7 years
- D. 8—10 years

Answer: B

Explanation:

The return on investment for the restaurant industry depends on the type of restaurant: For fast food restaurants, it is approximately 2 years; casual dining, 3-5 years; and fine dining 5 years. The failure rate in restaurants is high, with 6 out of 10 closing within the first year and, of those surviving 7 out of 10 will close by the end of the fifth year. Factors in restaurant failures include financial mismanagement, poor location choice, high levels of competition, market downturns, and operational difficulties.

Question: 9

During an interview, the patient states "I don't drink milk with meals." The CDM should assume that:

- A. The patient dislikes milk.
- B. The patient has lactose intolerance.
- C. The patient has a cultural/religious practice.
- D. Further questioning is needed.

Answer: D

Explanation:

If a patient states "I don't drink milk with meals," there can be many reasons, such as a dislike of milk, lactose intolerance, or cultural/religious practice or prohibitions; however, further questioning is needed to determine the reason and to help assess the patient's diet regarding calcium intake and alternate sources of calcium if the patient avoids milk and other dairy products altogether. The patient may simply prefer other beverages with meals, such as water, tea, or coffee.

Question: 10

If the CDM notes that an employee that has been previously warned twice regarding the necessity of handwashing fails to wash the hands before applying gloves during food service, what is the correct response?

- A. Retraining
- B. Warning
- C. Termination
- D. Disciplinary action

Answer: D

Explanation:

If an employee has been previously warned once or twice about a food safety and sanitation issue, such as neglecting handwashing then a disciplinary action is appropriate. Each incident should have been documented so it can be referred to when meeting with the employee to discuss the issue and its importance for food safety. Based on organizational policies and procedures, the disciplinary action should be outlined and may vary. The employee may require a corrective action plan. The employee should be monitored closely when working to ensure compliance.

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