

NUTRITION

CDM
Certified Dietary Manager Exam

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Question: 1

The yield percentage of a food item is the:

- A. final product after preparation completed.
- B. weight of the edible portion divided by the as-purchased weight.
- C. number by which ingredients are adjusted to produce a new yield.
- D. raw weight without any type of preproduction.

Answer: B

Explanation:

The yield percentage of a food item is the weight of the edible portion divided by the as-purchased weight. As-purchased is the raw weight of an item without any type of preproduction. The edible portion is the final quantity of a food item after all preparation is completed. The conversion factor is the number by which ingredients are adjusted to develop a new yield.

Question: 2

If the CDM is calculating the approximate fluid needs of a 56-year-old client with an infection and a fever, approximately how many milliliters per kilogram are needed?

- A. 40 mL/kg.
- B. 35 mL/kg.
- C. 30 mL/kg.
- D. 25 mL/kg.

Answer: B

Explanation:

If the CDM is calculating the approximate fluid needs of a 56-year-old client with an infection and a fever, approximately 35 mL/kg are needed. The normal fluid intake for an adult is 30 mL/kg. but this is increased to 35 mL if the client has a draining wound or an infection/fever. If the wound drainage is copious, then it should be measured or carefully estimated to ensure that fluid replacement is adequate. If clients are in renal failure, fluids are usually restricted to 25 mL/kg.

Question: 3

If a recipe was prepared for 80 portions (4-oz servings) of meat at a cost of \$1.98 per portion but only 73 portions were served, the true meal cost (rounded to the nearest cent) per serving is:

- A. \$1.91.
- B. \$1.98.
- C. \$2.02.
- D. \$2.17.

Answer: D

Explanation:

If a recipe was prepared for 80 portions (4-oz servings) of meat at a cost of \$1.98 per portion but only 73 portions were served, the true meal cost (rounded to the nearest cent) per serving is \$2.17. In many cases, the excess servings are disposed of and cannot be used at a later time. The calculations for cost per serving are as follows:

$80 \times \$1.98 = \158.40 total cost

$\$158.40 / 73 = \2.17 true meal cost per serving

The cost of each serving increased by \$0.19.

Question: 4

The most common type of institutional menu is the:

- A. cycle menu.
- B. fixed menu.
- C. single-use menu.
- D. selective.

Answer: A

Explanation:

The most common type of institutional menu is the cycle menu. Types of institutional menus include:

- Cycle: repeating menu over a specified period of time, such as monthly.
- Fixed: the menu remains unchanged from day to day, such as food offered in a cafeteria.
- Single-use: a special menu prepared to be used one time, such as for a celebration.
- Selective: this type of menu allows the individuals to order meals from a number of options before meal service. A selective menu may be based on a fixed or a cycle menu.

Question: 5

The Hazard Analysis Critical Control Point (HACCP) management system for food safety addresses the analysis and control of what types of hazards?

- A. Bacterial, fungal, and viral.
- B. Organic and inorganic.
- C. Biological, chemical, and physical.
- D. Animal, insect, and chemical.

Answer: C

Explanation:

The HACCP management system for food safety addresses the analysis and control of biological, chemical, and physical hazards. HACCP is used in all segments of the food industry. The seven HACCP principles include:

6. Conduct hazard analysis
7. Determine critical control points
8. Establish critical limits
9. Establish monitoring procedures
10. Establish corrective actions
11. Establish verification procedures
12. Establish record keeping/documentation procedures

Question: 6

With perpetual inventory:

- A. a physical count is done each week.
- B. the running count is continually updated.
- C. the maximum level is maintained at all times.
- D. orders are placed only when the minimum is reached.

Answer: B

Explanation:

With perpetual inventory, a running count is continually updated. Perpetual inventory systems generally use a some ware program that automatically updates when purchase units arrive and when issue units are removed, so that the status of the inventory can be assessed at any time and purchase orders can be sent. With this inventory system, physical inventories are not necessary but should be done periodically to ensure that there are no discrepancies or unaccounted-for shrinkage.

Question: 7

Which of the following is an example of an appropriate nondirective interview question?

- A. 'What do you think would be your biggest challenge in this position?'
- B. did your last job entail?'
- C. "Why have you decided to leave your current position?"
- D. "Imagine you saw a staff member doing something unethical. What would you do?"

Answer: A

Explanation:

A nondirective question is one that allows the interviewee to provide a creative response: "What do you think would be your biggest challenge in this position?" A directive question seeks specific types of information: did your last job entail?" and "Why have you decided to leave your current position?" A situational question involves asking the interviewee to describe a hypothetical situation and how the interviewee would respond to it: "Imagine you saw a staff member doing something unethical. What would you do?"

Question: 8

An active managerial control program should include (1) written policies, (2) training, (3) monitoring, and (4):

- A. critical control points.
- B. corrective action.
- C. outcomes.
- D. goals.

Answer: B

Explanation:

Corrective action. An active managerial control program should include:

Written policies: outline expectations of staff members,

Training: includes training of all staff of policies.

Monitoring: includes record keeping, such as temperature logs, observations, and periodic evaluations.

Corrective action: actions that will be taken if a policy is not followed or if problems arise in maintaining policies.

Question: 9

All of the following vegetables are high in vitamin A EXCEPT:

- A. kale.
- B. carrots.
- C. Brussels sprouts.
- D. cauliflower.

Answer: D

Explanation:

Most white vegetables are low in vitamin A, including cauliflower (7 IU/O.5 cup), boiled cabbage (6011.1/0.5 cup), turnips (0 IU /0.5 cup), and rutabagas (1.5 IU/O.5 cup). Celery is moderately higher in vitamin A (226 IU/O.5 cup). Food that are high in vitamin A include bright-orange vegetables:

Carrots (9094 IU/O.5 cup)

Winter squash (793 IU/O.5 cup)

Sweet potato (1444 IU/0.5 cup)

Dark-green vegetables are also high in vitamin A:

Kale (8853 IU/0.5 cup)

Romaine lettuce (2098 IU/1 cup)

Brussels sprouts (1435 IU/1 cup)

Question: 10

If a client is lactose intolerant, which of the following vegetables provides the greatest amount of calcium per cup as a substitute for dairy products?

- A. Green beans.
- B. Soybean sprouts.
- C. Spinach.
- D. Brussels sprouts.

Answer: C

Explanation:

Spinach contains 245 mg/cup of calcium. Most leafy green vegetables are relatively high in calcium, including collard greens (268 mg/cup), turnip greens (197 mg/cup), kale (172 mg/cup), and mustard greens (165 mg/cup). Green beans and soybean sprouts contain 55 mg/cup, and Brussels sprouts contain 56 mg/cup. The Institute of Medicine recommends 1,000 mg of calcium daily for males and females up to age 50, increasing to 1,200 mg for females over 50 and males over 70.

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