CFNA 2024-2026 Questions and Answers

Nutrition · Answer Key · 35 Questions

1. What are the three main categories of questions presented in the CFNA modules?

A) Wooclap, 'tuyaux', and other questions

B) Theory, Practice, and Case Studies

C) Introduction, Development, and Conclusion

D) General Knowledge, Specific Facts, and Applications

2. Which vitamins are considered fat-soluble?

A) Vitamin A, D, E, K

B) Vitamin B complex, C

C) Vitamin C, D, K

D) Vitamin A, B complex

3. What is the primary role of calcium in the body?

A) Maintenance of bone capital

B) Energy production

C) Blood clotting

D) Muscle contraction

4. Which foods are rich in sodium?

A) Cheese, biscuit, carbonated drink

B) Fruits, vegetables

C) Lean meats, fish

D) Whole grains, legumes

5. What is the function of selenium?

A) Good thyroid function

B) Bone health

C) Immune system support

D) Energy production

6. What is nutritherapy not considered?

A) Alternative medicine

B) A practical application of biochemistry

C) A field of study

D) A health discipline

7. What is the first duty of a nutritherapist?

A) Restoration of patient's energy
B) Diagnosis of diseases
C) Prescription of medication
D) Weight loss

8. Which vitamins are fat-soluble?

A) A, D, E, K
B) B1, B2, B3, B5, B6, B8, B9, B12, C
C) C, B vitamins
D) A, C, D

9. Which vitamins are water-soluble?

A) B1, B2, B3, B5, B6, B8, B9, B12, C
B) A, D, E, K
C) A, D, E
D) B1, C, K

10. What are nucleic acids composed of?

A) DNA (capital genetic)
B) Proteins
C) Lipids
D) Carbohydrates

11. What does the 'key-lock' principle explain in relation to genes and coenzymes?

A) The relationship between genes and coenzymes
B) The function of enzymes
C) The structure of DNA
D) The process of protein synthesis

12. What happens in the body during stress?

A) Increased blood sugar, bronchodilation, increased heart rate
B) Decreased blood sugar, bronchodilation, decreased heart rate
C) Increased blood sugar, bronchoconstriction, increased heart rate
D) Decreased blood sugar, bronchoconstriction, decreased heart rate

13. What is the role of magnesium in the stress response?

A) It is magnesium-dependent; needs increase with stress
B) It is depleted by stress
C) It has no role in the stress response
D) It reduces the need for oxygen

14. What is the role of calcium in the stress response?

A) Calcium enters cells, displacing magnesium
B) Calcium is excreted by the kidneys
C) Calcium reduces cellular energy consumption
D) Calcium promotes relaxation

15. What happens when the brain identifies a threat during stress?

A) Secretion of noradrenaline
B) Secretion of serotonin
C) Secretion of dopamine
D) Secretion of adrenaline

16. What is the consequence of magnesium deficiency during stress?

A) Increased cellular calcium entry, leading to fatigue
B) Decreased cellular calcium entry, leading to fatigue
C) Increased urinary excretion of calcium
D) Reduced bronchodilation

17. What is the body's response to a toxic overload?

A) Neutralize, metabolize in the liver, revitalize elimination pathways
B) Eliminate directly through the skin
C) Increase water intake only
D) Reduce food consumption

18. What are triglycerides formed from?

A) A glycerol molecule reacting with three fatty acids
B) A cholesterol molecule reacting with fatty acids
C) Amino acids and glycerol
D) A phosphate group and fatty acids

19. Which statement about polyunsaturated fatty acids is correct?

A) High consumption of omega-6 fatty acids can over-mobilize delta-6-desaturase at the expense of omega-3s
B) Omega-3 fatty acids are always pro-inflammatory
C) Omega-6 fatty acids are only found in animal products
D) Polyunsaturated fatty acids are essential for energy storage

20. What is the role of leucine?

A) Activates the mTOR 'nutrient sensor'
B) Inhibits protein synthesis
C) Promotes fat storage
D) Reduces energy production

21. How is the glycemic load of a food classified?

A) Low if <= 10, moderate if 11-19, high if >= 20
B) Low if <= 5, moderate if 6-10, high if >= 11
C) Low if <= 15, moderate if 16-25, high if >= 26
D) Low if <= 20, moderate if 21-30, high if >= 31

22. What factors decrease the glycemic index of food?

A) High fiber content, soluble fibers, acidity
B) Low fiber content, insoluble fibers, alkalinity
C) High sugar content, simple starches
D) Low viscosity fibers, rapid particle breakdown

23. What is the effect of fat and protein on the glycemic index?

A) They decrease the glycemic index
B) They increase the glycemic index
C) They have no effect on the glycemic index
D) They only affect the glycemic load

24. What is the role of salt in glucose absorption?

A) Salt is essential for glucose absorption
B) Salt inhibits glucose absorption
C) Salt has no effect on glucose absorption
D) Salt reduces insulin production

25. What is the effect of consuming foods favorable to an anti-inflammatory flora?

A) Reduced digestive permeability to industrial foods
B) Increased digestive permeability to industrial foods
C) No effect on digestive permeability
D) Increased inflammation

26. What is tryptophan a precursor to?

A) Serotonin
B) Dopamine
C) Melatonin
D) Adrenaline

27. What is taurine a partner to?

A) Magnesium reuptake
B) Calcium reuptake
C) Potassium reuptake
D) Sodium reuptake

28. What is tyrosine?

A) A conditionally essential amino acid
B) An essential amino acid
C) A non-essential amino acid
D) A vitamin

29. What disease is caused by nicotinamide deficiency?

A) Pellagra
B) Scurvy
C) Rickets
D) Beriberi

30. Why is vitamin B6 recommended for premenstrual syndrome?

A) It modulates the affinity of estrogen receptors
B) It increases estrogen production
C) It reduces progesterone levels
D) It has no effect on hormones

31. Why is beta-carotene used instead of vitamin A in supplements?

A) Vitamin A is teratogenic
B) Vitamin A is less effective
C) Vitamin A is more expensive
D) Vitamin A is not fat-soluble

32. What is the optimal plasma level for vitamin D?

A) 50 to 60 ng/ml
B) 20 to 30 ng/ml
C) 70 to 80 ng/ml
D) 10 to 20 ng/ml

33. What is another name for Vitamin E?

A) Tocopherol
B) Retinol
C) Ascorbic acid
D) Thiamine

34. Is Vitamin K2 partially synthesized by the intestinal flora?

A) True
B) False
C) Only in infants
D) Only in specific conditions

35. What is the difference between burn-in and burn-out?

A) This question is posed in the text but not answered

B) Burn-in relates to initial enthusiasm, burn-out to exhaustion

C) Burn-in is a physical state, burn-out is mental

D) Burn-in is a cause, burn-out is an effect