

# CFNA 2024-2026 Questions and Answers

Nutrition · Practice Test · 35 Questions

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## 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  $\leq 10$ , moderate if 11-19, high if  $\geq 20$
- B) Low if  $\leq 5$ , moderate if 6-10, high if  $\geq 11$
- C) Low if  $\leq 15$ , moderate if 16-25, high if  $\geq 26$
- D) Low if  $\leq 20$ , moderate if 21-30, high if  $\geq 31$

**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