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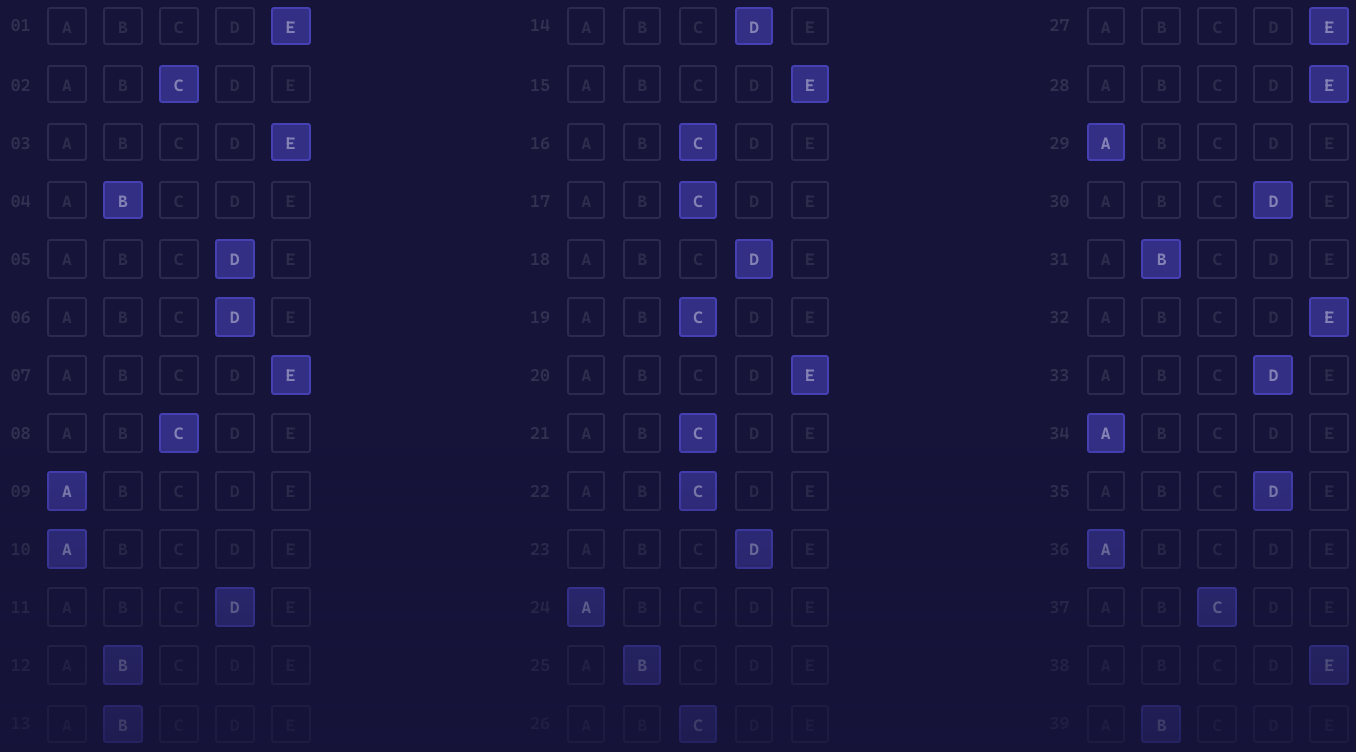

PRACTICE QUESTIONS

Certifying Board for Dietary Managers (CBDM)

YTLQVV26

CDM, CFPP Credentialing Exam

EDITION	QUESTIONS	ISSUED
Demo	9	September 3, 2026

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Before you begin

What this is

9 practice questions for Certifying Board for Dietary Managers (CBDM) `YTLQVV26`, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, `YTLQVV26`
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

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QUESTION 1 SINGLE CHOICE

A patient with chronic kidney disease (CKD) on a potassium-restricted diet is served lunch. Which menu item is most appropriate to include?

A **Baked white rice with steamed carrots**

B Baked potato with skin and steamed broccoli

C Banana slices with orange juice

D Spinach salad with avocado and tomato

ANSWER A

WHY Baked white rice with steamed carrots is lower in potassium than the other choices. Baked potato with skin, broccoli, banana, orange juice, spinach, avocado, and tomato are all high-potassium foods and would be inappropriate for a potassium-restricted diet. CKD patients require careful monitoring of potassium, sodium, phosphorus, and protein intake as part of medical nutrition therapy.

QUESTION 2 SINGLE CHOICE

When using a standardized recipe in food production, what is the primary purpose of converting recipe measurements from volume to weight?

A To reduce the amount of ingredients used per portion

B To increase the cooking speed of the recipe

C **To ensure consistent product yield and nutritional content regardless of who prepares it**

D To eliminate the need for portion control at the service line

ANSWER C

WHY Weight measurements are more accurate than volume measurements, which can vary based on how ingredients are packed, scooped, or measured. Standardizing to weight ensures consistent yield, portion size, cost control, and nutritional content of the finished product. This is a foundational principle of quality food production management and supports the goal of consistent quality in dietary services.

QUESTION 3 SINGLE CHOICE

Which minimum hot holding temperature is required to keep hot food safe in a steam table or hot holding unit?

A 120°F (49°C)

B 135°F (57°C)

C 140°F (60°C)

D 165°F (74°C)

ANSWER B

WHY Hot foods must be held at 135°F (57°C) or above to prevent the growth of pathogenic bacteria in the temperature danger zone (41°F to 135°F). 165°F is the minimum cooking temperature for poultry and reheating temperature for previously cooked foods. 140°F is a common minimum internal cooking temperature for many foods but not the holding standard.

QUESTION 4 SINGLE CHOICE

The most effective single method for preventing the spread of foodborne illness among food handlers is:

A Wearing gloves at all times during food preparation

B Proper and frequent handwashing

C Sanitizing utensils between each use

D Wearing hair restraints while preparing food

ANSWER B

WHY Proper and frequent handwashing is the single most effective method for preventing the spread of foodborne illness. Hands should be washed before handling food, after touching raw meat or other potentially contaminated items, after using the restroom, and after any activity that may contaminate the hands. Gloves, utensils, and hair restraints are important barriers but do not replace handwashing.

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QUESTION 5 SINGLE CHOICE

A dietary manager is preparing a work schedule. Which scheduling approach best supports staff productivity and accountability?

A Assigning the same tasks to the same employees every shift without rotation

B Cross-training employees so they can perform multiple job functions

C Scheduling all employees to work the same shift hours each week

D Avoiding documentation of schedule changes to reduce paperwork

ANSWER B

WHY Cross-training employees to perform multiple job functions improves flexibility, coverage during absences, employee engagement, and overall departmental productivity. It also supports professional development. Rigid assignment without rotation can lead to boredom and skill gaps, uniform shift schedules ignore operational peaks, and failing to document changes creates accountability and labor law issues.

QUESTION 6 SINGLE CHOICE

A dietary manager calculates the cost of food used during a given period using the formula: Beginning Inventory + Purchases − Ending Inventory = ?

A Food cost percentage

B Cost of food consumed

C Operating margin

D Accounts receivable

ANSWER B

WHY The formula Beginning Inventory + Purchases − Ending Inventory = Cost of Food Consumed (also called Cost of Food Used). This figure is then divided by total revenues (or total meals served, depending on the operation) to calculate the food cost percentage. Food cost percentage and operating margin are analytical ratios, while accounts receivable is an accounting term unrelated to inventory consumption.

QUESTION 7 SINGLE CHOICE

Which dietary modification is most appropriate for a resident with dysphagia who is at risk for aspiration?

A Regular diet with thin liquids

B Mechanical soft diet with thin liquids

C Pureed diet with thickened liquids

D Clear liquid diet only

ANSWER C

WHY A pureed diet with thickened liquids is the standard recommendation for residents with dysphagia who are at risk for aspiration. Pureed foods and thickened liquids are easier to swallow and reduce the risk of food or liquid entering the airway. Thin liquids pose the greatest aspiration risk. Clear liquids alone do not provide adequate nutrition and are typically used only short term.

QUESTION 8 SINGLE CHOICE

Under federal regulations, which healthcare facility must employ a qualified dietitian on a full-time or part-time basis to meet the requirement of the CMS Conditions of Participation?

A Assisted living facility

B Adult day care center

C Skilled nursing facility (SNF) participating in Medicare/Medicaid

D Home health agency

ANSWER C

WHY CMS Conditions of Participation for skilled nursing facilities participating in Medicare and/or Medicaid require that a qualified dietitian be employed full-time, part-time, or on a consultant basis to plan, manage, and implement dietary services. The CDM, CFPP works alongside the dietitian in such facilities but is not a substitute for the dietitian requirement. Assisted living, adult day care, and home health agencies are regulated differently and have different staffing standards.

QUESTION 9 SINGLE CHOICE

A cook removes a pan of cooked rice from the steam table at 2:00 PM and leaves it on the counter while portioning trays. At what point must the rice be discarded according to food safety guidelines?

A After 30 minutes if the rice temperature drops below 140°F

B After a total of 2 hours in the temperature danger zone

C After 4 hours regardless of temperature readings

D At the end of the shift if not served

ANSWER C

WHY Food held in the danger zone (41°F–140°F) must be discarded after a total of 4 hours. The 2-hour rule applies to food displayed or held at room temperature under certain conditions, but the safest and most commonly tested standard is the 4-hour total time rule. Once food has been in the danger zone for 4 hours cumulatively, it must be thrown out.

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