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**CBDM**

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*Certified Dietary Manager 2025*

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**HERE ARE SOME SAMPLE QUESTIONS OF CDM EXAM. FULL  
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**Question: 1239**

In adherence to regulatory requirements regarding diet needs, which of the following must be documented to demonstrate compliance with the Americans with Disabilities Act (ADA) in a dietary program?

- A. Patient satisfaction surveys
- B. Staffing levels in the dietary department
- C. Individualized nutrition assessments
- D. Inventory of food supplies

Answer: C

Explanation: Individualized nutrition assessments are necessary to ensure that dietary needs are met in accordance with the ADA, thus documenting compliance with regulatory requirements.

**Question: 1240**

When reviewing capital equipment needs and requirements, which of the following should be prioritized to enhance operational effectiveness?

- A. Equipment that is most popular in the industry
- B. Equipment that meets the specific needs of the staff and operations
- C. Equipment that has the latest technological features
- D. Equipment that is available at the lowest cost

Answer: B

Explanation: Prioritizing equipment that meets specific operational needs ensures that it will effectively support the workflow, improving overall operational effectiveness.

**Question: 1241**

A patient with heart failure is placed on a sodium-restricted diet. Which of the following statements best explains the importance of adhering to this diet order?

- A. It helps increase blood volume and heart rate.
- B. It encourages high protein intake to build muscle mass.

- C. It allows for more carbohydrate-rich foods.
- D. It reduces fluid retention and lowers blood pressure.

Answer: D

Explanation: Adhering to a sodium-restricted diet is crucial for patients with heart failure, as it helps reduce fluid retention, lower blood pressure, and alleviate the workload on the heart.

**Question: 1242**

When sharing client information with other health professionals, which principle should guide the dietary manager's communication approach?

- A. Share as much information as possible to be thorough
- B. Limit information to what is relevant and necessary for care
- C. Focus on the client's social life
- D. Include personal opinions about the client

Answer: B

Explanation: Limiting information to what is relevant and necessary for care ensures that client confidentiality is respected and that all communication is purposeful.

**Question: 1243**

What is the most effective strategy for a dietary manager to ensure that food supplies are rotated properly to minimize spoilage and waste?

- A. Conducting weekly inventory checks
- B. Implementing a strict labeling system with dates
- C. Storing all new supplies at the front of the storage area
- D. Relying on staff memory for rotation practices

Answer: B

Explanation: Implementing a strict labeling system with dates is the most effective strategy because it provides clear visibility on expiration and usage timelines, ensuring proper rotation and minimizing spoilage.

**Question: 1244**

What is a key element of documenting selection procedures that can help an organization demonstrate fair hiring practices?

- A. Keeping records only of selected candidates

- B. Focusing solely on the final hiring decision without context
- C. Recording only positive feedback about candidates
- D. Maintaining comprehensive records of all applicants and their evaluation results

Answer: D

Explanation: Maintaining comprehensive records of all applicants and their evaluation results helps demonstrate fair hiring practices and provides a clear audit trail.

**Question: 1245**

During a budget review, you find that actual food costs exceeded the budgeted amount by 10%. If the budgeted food cost was \$50,000, what is the actual food cost?

- A. \$60,000
- B. \$55,000
- C. \$52,000
- D. \$50,500

Answer: B

Explanation: An excess of 10% on a budgeted food cost of \$50,000 means the actual cost is  $\$50,000 + (\$50,000 * 0.10) = \$55,000$ .

**Question: 1246**

In the context of assessing the nutritional content of a meal served in a long-term care facility, which of the following factors should be considered to ensure that it meets the clients' needs?

- A. The total calorie count only
- B. The visual appeal of the dish
- C. The cost of ingredients versus nutritional value
- D. The meal's palatability and variety

Answer: D

Explanation: While calorie count is important, the meal's palatability and variety are crucial for ensuring that clients in long-term care facilities enjoy their meals and receive adequate nutrition.

**Question: 1247**

What should be the primary focus of a dietary manager when developing policies for food handling during an emergency situation?

- A. Minimizing costs associated with food service
- B. Reducing the number of procedures to simplify operations

- C. Allowing staff to improvise based on their judgment
- D. Ensuring rapid response and adherence to safety protocols

Answer: D

Explanation: Ensuring rapid response and adherence to safety protocols is critical in emergency situations to protect health and safety effectively.

**Question: 1248**

What is the primary role of a Certified Dietary Manager in evaluating the effectiveness of implemented changes within a dietary program?

- A. To monitor staff compliance with new policies
- B. To conduct performance reviews of staff
- C. To prepare financial reports
- D. To assess patient outcomes and satisfaction

Answer: D

Explanation: Assessing patient outcomes and satisfaction directly reflects the impact of changes on those served, making it a critical evaluation metric.

**Question: 1249**

In planning a diet for a child with phenylketonuria (PKU), which of the following food items must be strictly avoided to comply with the written diet order?

- A. Apples
- B. Dairy products
- C. Whole grains
- D. Chicken

Answer: B

Explanation: Dairy products contain high levels of phenylalanine, which must be avoided in children with PKU to prevent neurological damage, making it critical to adhere to the dietary restrictions.

**Question: 1250**

For your facility's menu planning, you need to compute the costs of supplements. If the base menu cost is \$30,000 and the cost of supplements is projected to be an additional 15%, what will be the total projected menu cost?

- A. \$31,500
- B. \$34,500

- C. \$33,000
- D. \$36,000

Answer: B

Explanation: The total cost is calculated as  $\$30,000 + (\$30,000 * 0.15) = \$30,000 + \$4,500 = \$34,500$ .

### Question: 1251

In order to maintain the security of food storage areas, which of the following procedures is most effective in deterring unauthorized access?

- A. Installing surveillance cameras but not monitoring them
- B. Using locks on doors and access control systems
- C. Relying solely on staff vigilance
- D. Keeping doors unlocked during working hours for convenience

Answer: B

Explanation: Locks and access control systems provide a physical barrier against unauthorized access, significantly enhancing the security of food storage areas.

### Question: 1252

In the context of hygiene standards, which practice should be included in policies to ensure staff accountability?

- A. Allowing staff to define their own hygiene practices
- B. Focusing solely on training without follow-up
- C. Regular performance evaluations that include hygiene compliance
- D. Ignoring non-compliance unless it is reported

Answer: C

Explanation: Regular performance evaluations that include hygiene compliance create accountability and reinforce the importance of adhering to established standards.

### Question: 1253

To ensure a comprehensive orientation for new employees, which element should be included that directly relates to compliance with health and safety regulations in a dietary setting?

- A. General information about the history of the dietary department
- B. A review of the company's mission and vision statements
- C. Specific training on safety protocols and procedures relevant to food handling
- D. An overview of employee benefits and compensation



Answer: C

Explanation: Specific training on safety protocols and procedures relevant to food handling is crucial for compliance with health and safety regulations, ensuring that employees are aware of their responsibilities.

**Question: 1254**

Which of the following statements best describes the role of the Interdisciplinary Team (IDT) in developing and implementing nutrition care plans for clients with complex medical histories?

- A. The IDT solely focuses on dietary restrictions without considering medical conditions.
- B. The IDT primarily functions to enforce compliance with governmental dietary regulations.
- C. The IDT collaborates to create a holistic care plan that addresses all aspects of the client's health.
- D. The IDT is responsible for conducting all nutritional assessments independently of other health professionals.

Answer: C

Explanation: The Interdisciplinary Team (IDT) is essential in creating a holistic care plan that integrates various aspects of a client's health, recognizing that nutrition cannot be isolated from other medical considerations.

**Question: 1255**

What is the key indicator to evaluate the acceptance of food by residents in a long-term care facility when implementing a food quality control program?

- A. The number of complaints received
- B. The frequency of menu changes
- C. Staff observations of residents' satisfaction
- D. The percentage of food returned uneaten

Answer: D

Explanation: The percentage of food returned uneaten is a direct indicator of residents' acceptance and satisfaction, allowing for adjustments in menu planning and food preparation to better meet their preferences.

**Question: 1256**

At a national dietary management conference, you encounter a new trend in food service technology. What is the most appropriate way to evaluate its relevance for your department?

- A. Compare its benefits with your current systems
- B. Dismiss it as a fad without further investigation

- C. Immediately implement it without assessment
- D. Wait for others to evaluate before considering it

Answer: A

Explanation: Comparing the benefits of new technology with current systems allows for an informed decision on whether to adopt or adapt the innovation for your department's needs.

**Question: 1257**

When calculating the price per unit serving for a catering event, which of the following factors is least likely to influence your final pricing decision?

- A. The cost of ingredients used in the menu items
- B. The historical sales data from previous events
- C. The market price of similar catering services in the area
- D. The personal preferences of the catering staff

Answer: D

Explanation: While personal preferences of the catering staff may affect menu choices, they are not a valid factor in determining pricing, which should be based on cost, market conditions, and historical data.

**Question: 1258**

In maintaining records for monitoring and accountability within a food service department, which of the following documentation types is most critical for ensuring compliance with health regulations?

- A. Temperature logs for food storage
- B. Inventory logs
- C. Employee schedules
- D. Customer satisfaction surveys

Answer: A

Explanation: Temperature logs for food storage are vital for compliance with health regulations, as they ensure that food is stored at safe temperatures to prevent foodborne illnesses.

**Question: 1259**

What is the most significant benefit of including detailed dietary interventions in a patient's medical record following a nutritional assessment?

- A. It is primarily for administrative purposes
- B. It serves only as a historical reference without practical application
- C. It complicates the record-keeping process unnecessarily



D. It allows for personalized meal planning and monitoring of patient progress

Answer: D

Explanation: Detailed dietary interventions allow for personalized meal planning and effective monitoring of patient progress, which is essential for achieving optimal health outcomes.





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