



Certified Dietary Manager Exam Secrets Study Guide: CDM Test Review for the Certified Dietary Manager Exam

By CDM Exam Secrets Test Prep Team

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This **Certified Dietary Manager study guide** includes Certified Dietary Manager practice test questions. Our Certified Dietary Manager study guide contains easy-to-read essential summaries that highlight the key areas of the Certified Dietary Manager test. Mometrix's Certified Dietary Manager test study guide reviews the most important components of the Certified Dietary Manager exam.

The Certified Dietary Manager Exam is extremely challenging and thorough test preparation is essential for success. ***Certified Dietary Manager Exam Secrets Study Guide*** is the ideal prep solution for anyone who wants to pass the Certified Dietary Manager Exam.

Not only does it provide a comprehensive guide to the Certified Dietary Manager Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

Certified Dietary Manager Exam Secrets Study Guide includes:

- A thorough look at the Certified Dietary Manager Exam
- A complete examination of nutrition data
- A detailed guide to food and nutrition services
- A full breakdown of employee management
- An extensive review of production, safety, and business management
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test: the concepts, procedures, principles, and vocabulary that the Certifying Board for Dietary Managers (CBDM) expects you to have mastered before sitting for the exam.

The Nutrition Data section covers:

- Gather nutrition data
- Nutritional assessment form
- Measurements and tests
- Vitamins and nutrients
- Diseases
- Apply nutrition data

The Food and Nutrition Services section covers:

- Provide food services
- Serving and portion size
- Tray-line system
- Supplements
- CQI

The Employee Management section covers:

- Hire and supervise
- Meetings
- Training
- Professional interaction
- Care conferences
- Inspections

The Production, Safety, and Business Management section covers:

- Crisis
- Manage production
- Manage business operations
- Purchase specifications
- Food cost

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual Certified Dietary Manager Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our *Certified Dietary Manager Exam Secrets Study Guide* is no exception. It's an excellent investment in your future.

- Certified Dietary Manager test prep book that provides a comprehensive review for the Certified Dietary Manager test.
- Certified Dietary Manager exam prep that will help you elevate your Certified Dietary Manager test score.
- Certified Dietary Manager study manual that will reduce your worry about the Certified Dietary Manager exam.
- Certified Dietary Manager review book that will help you avoid the pitfalls of Certified Dietary Manager test anxiety.

- Certified Dietary Manager practice test questions and much more...

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Certified Dietary Manager Exam Secrets Study Guide: CDM Test Review for the Certified Dietary Manager Exam By CDM Exam Secrets Test Prep Team Bibliography

- Sales Rank: #126251 in Books
- Published on: 2013-02-14
- Original language: English
- Number of items: 1
- Dimensions: 10.90" h x .50" w x 8.30" l, 1.01 pounds
- Binding: Paperback
- 152 pages

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Editorial Review

Review

Our Study Guide for the CDM Test Is Unlike Any Other

If you'd like to get the CDM test score you deserve, to quit worrying about whether your score on the CDM test is "good enough," and to beat the test taking game so you can become a Certified Dietary Manager (CDM), then this might be the most important message you read this year.

Our comprehensive study guide for the Certified Dietary Manager Exam is written by our CDM test experts, who painstakingly researched the topics and the concepts that you need to know to do your best on the CDM test. Our original research into the Dietary Manager Credentialing Exam, offered by the Certifying Board for Dietary Managers (CBDM), reveals the specific content areas and the essential skills that are critical for you to know on the CDM test. We've taken the information and developed a study guide that is guaranteed to help you be successful on the CDM test.

Now, we know you may be skeptical, so let us give you three good reasons we can back up what we claim:

The Three Reasons To Believe What We Say

The First Reason:

Our company's name is Mometrix Test Preparation, and we have a team of standardized test researchers who have worked on developing our study guide for the CDM test. The standards for who gets to work on the team are very strict- we demand the best for our customers, and only those who met our exacting standards made the cut. The dedicated research staff have years of combined experience in mastering the content and skills necessary to succeed on the toughest exams.

The Second Reason:

Some academic studies have revealed that test takers do not really benefit from the traditional test preparation process. But we knew there had to be a solution- if test takers were not doing well on the CDM test despite high intelligence, there had to be a set of secret keys to the test that would open the door of success for these test takers.

We believe we have succeeded in finding the secret keys of the exam. What we found was surprising, and in some cases **ridiculously simple** once explained to the average test taker.

We put the findings together in a thorough, concise study guide that we believe allows any test taker, at any skill level, to **improve his or her results dramatically** with a *minimum of effort*.

The Third Reason:

We created the product in part because we were frustrated by the options available to test takers who really wanted to do well on the CDM test.

A common approach is to TEACH the material, instead of TEACHING THE TEST. That's not necessarily

good enough for the CDM test- you have to know how to apply the knowledge. Most test takers already have a general knowledge of the material that will be covered on the exam.

One reason some test takers do well on the day of the test is that they have made the critical connection between the material they learned and how to use the material to succeed on the CDM test.

Our guide addresses the difference between merely knowing the material and knowing how to use the material to **perform on test day**.

You're going to save time, money, and aggravation. You'll learn to avoid the mistakes and the bad strategies that you've been vulnerable to. --Just for starters, here are some ways our product can help your score on the CDM test...

The Exclusive Test Taking Techniques

- Keys to questions that "give away" the wrong (or right) answers- You get credit for some of the questions without really even knowing anything about them
- Get quick, customized help for the questions you have- just send us a quick email and we'll get back to you promptly with the answer.
- Details the EXACT STUDY PLAN for the CDM test that we believe gives the most results in the least time- No matter if you're studying for a week or a month, you won't waste the precious study time you have on useless activities
- Our researchers are more than just academic theoreticians who understand the technical nature of standardized tests, but are also experts on test taking itself- they reveal the exact skills and the information you'll need to perform under pressure during the test.
- A systematic analysis and the best breakdown into "plain language" of how to deconstruct and master the toughest problems- You turn the problems that most of the test takers will stumble over to your advantage
- Learn why, when, and how to guess to your advantage. Many test takers use exactly the wrong strategy, but you can avoid the pitfalls with the help of our standardized test experts
- Includes instructions detailing the best way for you to get started with your preparation efforts so you can begin the path of improving your scores immediately
- The most efficient and accurate method for picking the right answer every time- You won't be scratching your head trying to read the mind of the test question writer, but will instead know exactly what to look for to pick the best answer
- Courteous, unlimited customer service is 100% free- if you need the product emailed to a different address, lose the product, or have any other difficulty- the help you need is just a short email away and our representatives are active 7 days a week helping customers
- The research of our team of test experts is 100% independent and original
- Our exclusive "calibration strategy" to help you never go too fast OR too slow when answering even the toughest questions
- The 5-step process we've developed, what we call the "phased" approach, concerning the use of the various study aids and practice tests
- How the problem of procrastination can kill your chance of success, and the most important thing you can do about it
- How to know when you've studied as much as you need to for the exam- and the reason why we think some people should spend LESS time studying for the test
- The Top 20 things you should take care of within 24 hours of taking the test- use the list we provide as a checklist to make sure you've taken care of the "little things" in addition to studying hard
- How to predict the right answer before you see the answer choices- and how to prevent the wrong answers

from "polluting" your mind and tempting you into a trap designed by the test writers

- Why answers that "sound" correct are often the very ones that are wrong- and how to tell the difference between the right answer and the many clever-sounding traps set for you by the test writers
- Our "benchmark" method for deciding which of the answer choices you should pick
- How some of the random bits of information in a question often "give away" the right answer choice
- How to "milk the question" for clues to the right answer even if you have no idea what the question is asking about
- How to avoid panicking when you don't know the answer to a question- we offer a systematic method that will serve as the "lifeline" you need to minimize the time wasted on the test questions that leave you stumped --
- What to do about the tough questions that you have no clue how to answer- don't just give up, use the advice we offer to make sure you give yourself the best chance of getting the right answer
- How to use our brainstorming method to get "inside the question" and reveal the hard-to-find clues and some of the subtle things you didn't realize you knew
- Do you know what a "hedge phrase" is? Learn why looking for the key "weasel words" in the question can help identify the correct answer
- Why "new information" in the answer choices almost always means that the answer choice is wrong- and the way to avoid this trick planted by the clever test writers
- Learn to avoid this time-draining mistake on the test - why the technical terms you don't know can be a major stumbling block and waste precious time, and the way that you can work around them
- The secret to using the contextual clues in the questions and the answer choices to make important distinctions between the right and the wrong answer choices
- The two situations where you should NOT check your answers thoroughly
- How to avoid careless mistakes by using the quick "double check" system. It will more than pay for itself relative to the time it will take you
- Test writers will often quote directly from the question in an answer- learn whether this is something you should trust or avoid
- Why "extreme statements" in the answer choices are dead giveaways for wrong answers- find out how to detect the subtle differences between reasonable answers and the answers that are almost always wrong
- Learn how to group your answer choices into "families" that often narrows down the pool of correct answers- this is a quick way to immediately eliminate one or two of the answer choices and increase your odds of getting the question right

Now, you're probably wondering how and why we can do all the things we claim.

Let us explain.

Before we go any further, let us clarify what ***Certified Dietary Manager Exam Secrets*** is not. It is not a stale rehash of all of the things you have already learned in the past.

Certified Dietary Manager Exam Secrets is our exclusive collection of the tips and the information that we have specially selected to give you the best results on the CDM test for the least time spent studying. It's written in everyday language and is easy to use.

We cover the **5 essential skills** necessary to do well on the CDM test, plus **comprehensive reviews** covering all of the essential test sections individually.

Don't take our word for it. Listen to what our customers say about other Mometrix test preparation products.

I purchased the Secrets file, and I just wanted to let you know that I got a 99% on my test. I just want to thank you again, and hope you have continued success in your ventures. Sincerely, Paul L.

My name is Chris. I used the Secrets study guide for five days. The study guide made the test so easy to understand. Like you said this program is worth 100's of dollars. To me 1,000's!! THANKS, Chris G.

I just had to thank you guys for the test prep! I bought the guide as a last minute prep, I mean maybe 5 hours before the test. Like I said, I had ZERO preparation! I was nervous about the test let alone receiving the score I needed. I read the guide through only once before test time and needless to say, the only way I passed was thanks to your refresher!! Brian

I heard about your website from a friend. I am enrolled in a review course, and in hindsight, I wish I wouldn't have taken my review course and instead spent a fraction of the money on your program. Thank you! Zac L.

You get at least 10 times your money's worth! --When you consider what's at stake with the exam, we believe the value of our study guide gives you at least ten times your money's worth.

Users Review

From reader reviews:

Jane Nelsen:

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Barbara Hall:

As people who live in the particular modest era should be revise about what going on or information even knowledge to make all of them keep up with the era that is always change and make progress. Some of you maybe can update themselves by reading books. It is a good choice for you but the problems coming to an individual is you don't know what one you should start with. This Certified Dietary Manager Exam Secrets Study Guide: CDM Test Review for the Certified Dietary Manager Exam is our recommendation to help you keep up with the world. Why, because book serves what you want and wish in this era.

Valerie Herrera:

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster

you have been ride on and with addition details. Even you love Certified Dietary Manager Exam Secrets Study Guide: CDM Test Review for the Certified Dietary Manager Exam, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't get it, oh come on its named reading friends.

Billie Gallagher:

Reading a book to be new life style in this yr; every people loves to learn a book. When you study a book you can get a lots of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. In order to get information about your research, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, such us novel, comics, in addition to soon. The Certified Dietary Manager Exam Secrets Study Guide: CDM Test Review for the Certified Dietary Manager Exam will give you a new experience in studying a book.

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