

Nutrition (SS/PSC)

New for 2019-2020

These event guidelines have been split into a version for Middle School and a version for the Secondary and Post-Secondary/Collegiate divisions. This will help identify the differences in rules and details for each division. Competitors are no longer required to show event guidelines at ILC. Time remaining announcements have been added to the test. Editorial updates and clarifications have been made to guidelines. Scholarship information has been added to guidelines. The designation of “Knowledge Test” has been removed from the event name.

- Purpose** To encourage HOSA members to explore and learn about the relationship of nutrition and wellness and to assess knowledge common in the health community.
- Description** This event shall be a written test requiring competitors to apply, analyze, synthesize and/or evaluate information related to nutrition and health. Competitors will recognize, identify, define, interpret or apply terms related to nutrition in a 100 item multiple choice test plus one tie-breaker essay question for the Secondary and Postsecondary/Collegiate division. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate.
- Dress Code** Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for [proper dress](#).
- Rules and Procedures**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the division in which they are registered to compete (Secondary or Postsecondary/Collegiate).
 2. Competitors must be familiar with and adhere to the “[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#).”
 3. One essay question will be administered with the original test. In case of a tie, the essay question will be judged and used to break the tie.
 4. The test plan and resources for Nutrition are:

NUTRITION

- Carbohydrates, fats and proteins 15%
- Vitamins & minerals 15%
- Water (Fluid & electrolyte balance) 10%
- Nutrition through the life span 15%
- Digestion, absorption and metabolism 10%
- Cultural and religious influences 5%
- Food related illnesses and allergies 10%
- Medical nutrition therapy 20%

- Diabetes
- Cardiovascular disease
- Renal disease
- Gastrointestinal disease
- Cancer
- Clients with special needs

References for Nutrition for Secondary and Postsecondary/Collegiate:

- [Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition.](#)
- [Nix, Staci. Williams' Basic Nutrition and Diet Therapy. Elsevier Science/Mosby, Inc. Latest edition.](#)

NOTE: States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.

5. All competitors shall report to the site of the event at the time designated for the event orientation. The test will immediately follow the orientation. At ILC, [photo ID](#) must be presented prior to competing. **No proxies will be allowed for the orientation.**
6. [Test Instructions:](#) The competitors will be given instructions and will be notified to start the test. There will be a maximum of 90 minutes to complete the test. Competitors should leave the testing site promptly after submitting all testing materials and evaluations.
7. **TIME REMAINING ANNOUNCEMENTS:** There will be a verbal announcement when there are 60 minutes, 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining in to complete the test for the Secondary and Postsecondary/Collegiate division
8. The competitor should write his/her answer to the tie-breaker essay question on the tie-breaker page of the test that remains attached to the original test.
9. HOSA offers numerous scholarships every year to its members interested in pursuing a variety of health careers. As you consider participating in this competitive event, please keep in mind there may be a HOSA Scholarship offered that fits your interests! For more information on the HOSA Scholarship program, please visit <http://www.hosa.org/scholarships>.

Competitor Must Provide:

- Two #2 lead pencils with an eraser
- [Photo ID](#)

FOR SPECIFICS ON EVENT MANAGEMENT SEE [MANAGING COMPETITIVE EVENTS](#)

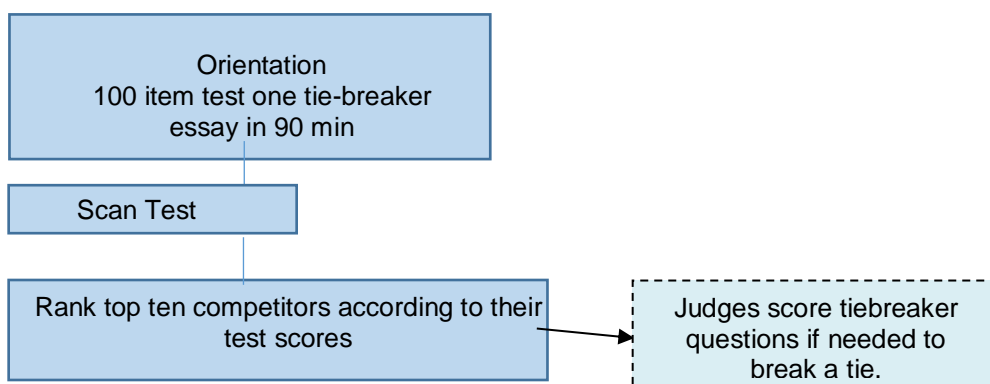
Required Personnel:

- One Event Manager
- One Judge Manager (JM) to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- Proctors for Testing – Approximately one proctor for per 20 competitors
- One judge who is considered by the HOSA Competitive Events committee to be an expert in the area being tested - to grade the essay questions in case of a tie
- Event assistants as needed

Facilities, Equipment and Materials:

- One room to accommodate the total number of competitors (see [HOSA Room Set](#))
- Tables/chairs or schoolroom desks/chairs for total number of competitors
- Table/chairs for event personnel to provide for registration and materials distribution
- List of competitors for check-in
- One pre-numbered test per competitor
- Scantron/answer forms - one copy per competitor
- Timer or clock
- Evaluation Forms – competitor and personnel
- #2 lead pencils with eraser to complete evaluations (event personnel)

Event Flow Chart



Sample Test Questions

1. Lactose, maltose and sucrose belong to the carbohydrate group of _____.
A. disaccharides
B. liposaccharides
C. monosaccharides
D. polysaccharides
2. Which body organ has no stored supply of glucose and requires a minute-to-minute supply from the blood?
A. heart
B. liver
C. brain
D. pancreas
3. Diets high in cholesterol and saturated fats are thought to contribute to:
A. diabetes mellitus.
B. atherosclerosis.
C. hypertension.
D. macular degeneration.