

Nutrition (Middle School)

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.

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 50 item multiple choice test plus one tie-breaker essay question for the Middle School 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 Middle School division ONLY (in grades 6-8 during the 2019-2020 school year).
 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 the Nutrition Middle School test 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

Reference for Nutrition for Middle School:

- [Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. 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](#): Competitors will be given instructions on the use of the Scantron form. After instructions have been given to the competitors, they will be notified to start the test. There will be a maximum of **60 minutes** to complete the test for Middle School division. Competitors may be excused from the testing site promptly after completion of the test.
7. **TIME REMAINING ANNOUNCEMENTS**: There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test for Middle School 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.

Competitor Must Provide:

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

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

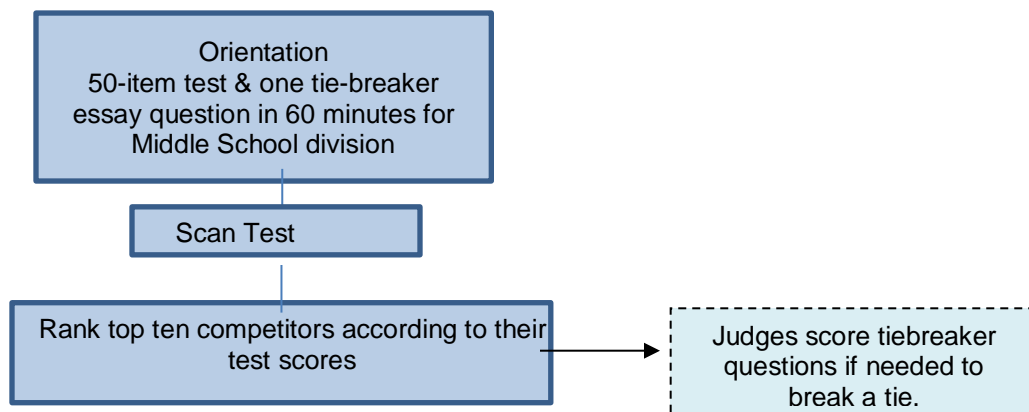
Required Personnel:

- 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 Sets](#))
- 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.