

# Nutrition (SS/PSC)

***New for 2020-2021***  
Competitor orientation deleted from ILC.

## Event Summary

The Nutrition test provides HOSA members with the opportunity to explore and learn about the relationship of nutrition and wellness and to assess knowledge common in this health field. This competitive event consists of a written test with a tie-breaker essay question. This event aims to inspire members to be proactive future health professionals and to apply and analyze information related to nutrition and health.

**Dress Code** Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for [proper dress](#).

- General Rules**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing.
  2. Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
  3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
  4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

## Official References

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

## Written Test

5. [Test Instructions](#): The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
6. **Time Remaining Announcements**: There will be a verbal announcement when there are 60 minutes, 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
7. 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.
8. The test plan for Nutrition is:
  - 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

**9. Sample Test Questions**

1. Lactose, maltose and sucrose belong to which type of carbohydrate group?  
**A. Disaccharides**  
B. Liposaccharides  
C. Monosaccharides  
D. Polysaccharides  
Roth pp 66
  
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  
Nix pp 21
  
3. Diets high in cholesterol and saturated fats are thought to contribute to which condition?  
A. Diabetes mellitus  
**B. Atherosclerosis**  
C. Hypertension  
D. Macular degeneration  
Roth pp 244

**Final Scoring**

10. 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.
  
11. Final rank is determined by the test score. In case of a tie, the essay question will be used to determine the rank.

**Competitor Must Provide:**

- Two #2 lead pencils with an eraser
- Photo ID