

# Foundations of Nutrition

## New for 2021 - 2022

The event name has been changed to Foundations of Nutrition to differentiate it from the Secondary / Postsecondary / Collegiate event.  
This event is open to Middle School HOSA members only.

### Event Summary

The Foundations of Nutrition test provides **Middle School Division** 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 for the Middle School division. 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, in good standing in the Middle School Division in which they are registered to compete (in grades 6-8 during the 2021-2022 school year).
2. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
3. 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 Reference

4. Reference for Nutrition for Middle School:  
[Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition.](#)

### The Test

5. The event is a 50-question, multiple-choice test and one (1) tiebreaker question.
6. The test plan for the Nutrition Middle School test 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

7. [Test Instructions:](#) Competitors will be given instructions on the use of the Scantron form. There will be a maximum of **60 minutes** to complete the test.

*NOTE: **Chartered associations** 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 Chartered Association for the process you will be using.*

8. **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.

9. **Sample Test Questions**

1. Vegetables provide a substantial amount of carbohydrates in which of the following forms?
  - A. **Starch**
  - B. Glycogen
  - C. Maltose
  - D. FructoseRoth Page 77
  
2. Table salt is made from which two minerals?
  - A. calcium, phosphorus
  - B. potassium, fluoride
  - C. **sodium, chloride**
  - D. potassium, iodideRoth Page 151
  
3. What has been called the silent disease in older men and women and it is a major risk factor for hip fractures?
  - A. Diabetes mellitus
  - B. Heart disease
  - C. Atherosclerosis
  - D. **Osteoporosis**Roth Page 287

**Final Scoring**

10. 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.
  
11. 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](#)