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 tiebreaker 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.

Competitor Must Provide:
- Photo ID
- Two #2 lead pencils (not mechanical) with an eraser

General Rules
1. Competitors in this event must be active members of HOSA-Future Health Professionals, in good standing.

2. Eligible Division: Middle School ONLY (in grades 6-8 during the 2023-2024 school year) 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).”
   A. Per the GRRs and Appendix H, HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read Appendix H. To request accommodation for the International Leadership Conference, submit the request form here by May 15 at midnight EST.
   B. To request accommodation for any regional/area or state level conferences, submit the request form here by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.

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
5. All official references are used in the development of the written test.


The Test
8. The event is a 50-question, multiple-choice test and one (1) tiebreaker question. 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

9. **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.

10. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.

11. **Sample Test Questions**
   1. Vegetables provide a substantial amount of carbohydrates in which of the following forms? (Roth p 77)
      A. Starch
      B. Glycogen
      C. Maltose
      D. Fructose

   2. Table salt is made from which two minerals? (West pp 244)
      A. calcium, phosphorus
      B. potassium, fluoride
      C. sodium, chloride
      D. potassium, iodide

   3. What has been called the silent disease in older men & women and is a major risk factor for hip fractures? (Roth pp 287)
      A. Diabetes mellitus
      B. Heart disease
      C. Atherosclerosis
      D. Osteoporosis

Final Scoring
12. 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.

13. The competitor should write their answer to the tiebreaker essay question on the tiebreaker page of the test that remains attached to the original test.