

Nutrition

Health Science Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 100 Q test in 90 minutes	Digital Upload: NO
Solo Event: 1 competitor		



New for 2024 – 2025
Editorial updates have been made.

Event Summary

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

Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide:

- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The references below are used in the development of the test questions.
 - a. [Roth, Ruth. Nutrition and Diet Therapy. Cengage Learning. Latest edition.](#)
 - b. [West, Dorothy. Nutrition and Wellness for Life. Goodheart-Willcox. Latest edition.](#)

Written Test

3. [Test Instructions](#): The written test will consist of 100 multiple-choice items in a maximum of 90 minutes.
4. **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.
5. One essay question will be administered with the test.

6. Test Plan

The test plan for the Nutrition 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 patterns and food habits - 5%
- Food-related illnesses, intolerances, and allergies - 10%
- Medical nutrition therapy - 20%

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

7. **Sample Test Questions**

1. Lactose, maltose, and sucrose belong to which type of carbohydrate group? (Roth pp 66)
 - A. **Disaccharides**
 - B. Liposaccharides
 - C. Monosaccharides
 - D. Polysaccharide

2. Which body organ has no stored supply of glucose and requires a minute-to-minute supply from the blood? (West pp 130)
 - A. Heart
 - B. Liver
 - C. **Brain**
 - D. Pancreas

3. Which conditions are diets high in cholesterol and saturated fats thought to contribute to? (Roth p 244)
 - A. Diabetes mellitus
 - B. **Atherosclerosis**
 - C. Hypertension
 - D. Macular degeneration

Final Scoring

8. In case of a tie, the essay will be judged and used to break the tie.