

Foundations of Nutrition

Event Category: Health Science.....

Eligible Divisions: Middle School	Round One: 35 Q test (60 minutes)	Digital Upload: NO
Solo Event: 1 competitor		



New for 2026-2027

Editorial changes have been made.

TEXAS HOSA

Make sure to read the Texas General Rules and Regulations for the updated “**Electronic Device Policy**”.

Texas State Leadership Conference

This written exam will be given in person in Irving, Texas.

The top 3 individual scores from State will advance to ILC.

Event Summary

The Foundations of Nutrition test provides **Middle School Division** HOSA members with the opportunity to explore and learn about the relationship between nutrition and wellness and to assess knowledge common in this health field. This competitive event consists of a written test, followed by 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.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations .
Dress Code	Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress .
Competitors Must Provide	• Photo ID • Two #2 lead pencils (not mechanical) with an eraser • Neon colored foam earplugs, NOT earbuds, for noise control (Rd1-optional) HOSA Conference Staff will provide equipment and supplies listed in Appendix I .
Official References	The references below are used in the development of the test questions. • Roth, Ruth. Nutrition and Diet Therapy. Cengage Learning. Latest edition. • West, Dorothy. Nutrition and Wellness for Life. Goodheart-Willcox. Latest edition.

ROUND ONE- Test

Test Instructions	All competitors will be given a test and test answer sheet. The written test will consist of 35 multiple-choice questions in a maximum of 60 minutes. See test instructions here . An essay tiebreaker question will be administered with the original test. Essay tiebreakers will be completed on the back of the test answer sheet.
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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.
Test Plan	The test plan for the Foundations of 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 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
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 and women is a major risk factor for hip fractures? (Roth pp 287) A. Diabetes mellitus B. Heart disease C. Atherosclerosis D. Osteoporosis

Final Scoring

In the event of a tie, the essay will be judged to break the tie.