

Nutrition

Event Category: Health Science.....

Eligible Divisions: Secondary & Postsecondary/ Collegiate	Round One: 50 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**”

Area Spring Leadership Conference This event only has one round. The online test for Area will be given in December. Make sure to read the “Texas HOSA Handbook- Section G” for online testing procedure. The top 3 individual scores from each Area will advance to the State Leadership Conference.

Texas State Leadership Conference

The State written exam will be given in person in Irving, Tx to those who advanced from each Area. No study materials permitted. The top 3 individual scores from State will advance to ILC.

Event Summary

Nutrition 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. In the event of a tie, the essay will be judged to break the tie. It aims to inspire members to become proactive future health professionals by applying and analyzing 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 (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 50 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.
Written 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% - o Diabetes - o Renal Disease - o Clients with special needs - o Cardiovascular disease - o Gastrointestinal disease - o Cancer
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

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

Future Opportunities

The HOSA Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: <https://hosa.org/scholarships/>.

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member- a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.