

# Foundations of Nutrition

Health Science Event .....

<b>Eligible Divisions:</b> Middle School	<b>Round 1:</b> 50 Q test in 60 minutes	<b>Digital Upload:</b> NO
<b>Solo Event:</b> 1 competitor		



### New for 2024 - 2025

Editorial updates have been made.

### 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.

### TEXAS HOSA

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

### Texas State Leadership Conference

The State written exam will be given in person at Kalahari to those who advanced from each Area. The top 3 individual scores from State will advance to ILC.

### 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 eraser for both rounds

### 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.](#)

### The Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice questions in a maximum of 60 minutes.
4. One essay question will be administered with the original test.

5. **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.

6. **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

7. **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**

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