



# Nutrition Knowledge Test

- Purpose** To encourage HOSA members to explore and learn about the relationship of nutrition and wellness and to assess knowledge common in the health community.
- Description** This event shall be a written test requiring competitors to apply, analyze, synthesize and/or evaluate information related to nutrition and health. Competitors will recognize, identify, define, interpret or apply terms related to nutrition in a 100 item multiple choice test plus one tie-breaker essay question for the Secondary and Postsecondary/Collegiate division and a 50 item multiple choice test plus one tie-breaker essay question for the Middle School division. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate.
- Dress Code** Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for [proper dress](#).
- Rules and Procedures**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the division in which they are registered to compete (Secondary, Postsecondary/Collegiate or Middle School).
  2. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
  3. 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.
  4. The test plan and resources for the Nutrition Knowledge Tests are:

## NUTRITION

- 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

### **References for Nutrition for Secondary and Postsecondary/Collegiate:**

- [Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition.](#)
- [Nix, Staci. Williams' Basic Nutrition and Diet Therapy, Elsevier Science/Mosby, Inc. Latest edition.](#)

### **References for Nutrition for Middle School:**

- [Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition.](#)

NOTE: States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.

5. All competitors shall report to the site of the event at the time designated for the event orientation. The test will immediately follow the orientation. **No proxies will be allowed for the orientation.**
6. Test Instructions: Competitors will be given instructions on the use of the Scantron form. After instructions have been given to the competitors, they will be notified to start the test. There will be a maximum of **90 minutes** to complete the test for Secondary and Postsecondary/Collegiate division. There will be a maximum of **60 minutes** to complete the test for Middle School division. There will be a verbal announcement when there are 15 minutes remaining for the test period. Competitors may be excused from the testing site promptly after completion of the test.
7. The competitor should write his/her answer to the tie-breaker essay question on the tie-breaker page of the test that remains attached to the original test.

#### **Competitor Must Provide:**

- Event guidelines (orientation)
- Two #2 lead pencils with an eraser

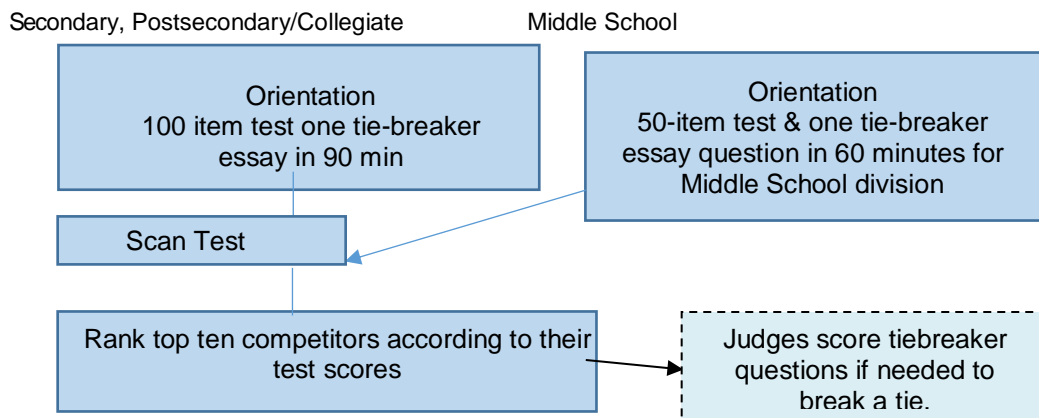
#### **Required Personnel:**

- One Event Manager
- One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- Proctors for Testing – Approximately one proctor for per 20 competitors
- One judge who is considered by the HOSA Competitive Events committee to be an expert in the area being tested - to grade the essay questions in case of a tie
- Event assistants as needed

#### **Facilities, Equipment and Materials:**

- One room to accommodate the total number of competitors
- Tables/chairs or schoolroom desks/chairs for total number of competitors
- Table/chairs for event personnel to provide for registration and materials distribution
- Test packets which are pre-numbered and Scantron / answer forms
- Timer or clock
- Evaluation Forms – competitor and personnel
- #2 lead pencils with eraser to complete evaluations

## Event Flow Chart



## Sample Test Questions

1. The body organ that has no stored supply of glucose and requires a minute-to-minute supply from the blood is the:
  - A. brain.
  - B. heart.
  - C. liver.
  - D. pancreas.
2. Lactose, maltose and sucrose belong to the carbohydrate group of:
  - A. disaccharides.
  - B. liposaccharides.
  - C. monosaccharides.
  - D. polysaccharides.
3. Diets high in cholesterol and saturated fats are thought to contribute to:
  - A. diabetes mellitus.
  - B. atherosclerosis.
  - C. hypertension.
  - D. macular degeneration.