



Foundations of Nutrition

Health Science Event

Eligible Divisions: Middle School	Round 1: Online 35 Q test in 60 minutes
Solo Event: 1 competitor	SLC: Middle School test only events are administered during the testing window.

**This event will take place during the SLC Online Testing Window:
February 25-March 4 (8am-6pm)**

- ✓ Chapter advisors will coordinate testing time and location for the online testing session.
- ✓ Chapter advisor must designate a proctor for the testing session that does not have content knowledge related to any HOSA event ensuring the integrity of the competitive events program.

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.

Dress Code

The Chapter Advisor will determine the dress code requirement for all SLC online testing events.

Competitors Must Provide

Laptop with internet access to the HOSA Online Testing System: <https://testing.hosa.org/>

Note: Competitors will receive an email with testing instructions at the address the chapter advisor entered in the HOSA system. **Competitors and advisors are responsible for making sure the email address entered is not blocked by school filters.**

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. The online test consists of 35 multiple-choice questions and is administered within a 60-minute time frame.
4. All online tests must be taken during the SLC online testing window **in a proctored setting**.
5. One essay question will be administered with the original test.

The expectation is that competitors read and are aware of all content within these guidelines and associated links. Successful competitors will study all links for detailed information.

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 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

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

International Leadership Conference (ILC) qualifiers

Go to <https://hosa.org/guidelines/> for specifics about competing in this event at ILC.
June 17-20, 2026 – Indianapolis Convention Center, Indianapolis, IN