



Last updated: January 20th, 2026

## **Nutrition**

**PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):**

1. **Written test time kept at 60 minutes for 100 questions at FLC only.** This test includes a tiebreaker portion, the details of which are specified in the guidelines below.
2. Written test will take place online and be open book at FLC only.

**PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:**

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.  
*\*Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

**PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S SECONDARY/POST-SECONDARY VIRTUAL CONFERENCE:**

1. Written test time shortened to 40 minutes (still 50 questions). This test includes a tiebreaker portion, the details of which are specified in the guidelines below.
2. Written test will take place online and be open book.

**\*\*\*DISCLAIMER: virtual secondary competitor participation in any Competitive Event through the virtual membership is not ranked and not eligible to advance to the International Leadership Conference (ILC)\*\*\***

# Nutrition



## Health Science Event .....

<b>Eligible Divisions:</b> Secondary & Postsecondary / Collegiate	<b>Round 1:</b> 50 Q test in 60 minutes	<b>Digital Upload:</b> NO
<b>Solo Event:</b> 1 competitor		



### New for 2025 – 2026

Total number of test questions and test timing have been reduced. Editorial updates have been made.

### Event Summary

The Nutrition test 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.

### Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for [proper dress](#).

### Competitor Must Provide:

- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

### 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.](#)

### Written Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items 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 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%
  - Diabetes
  - Renal disease
  - Clients with special needs
  - Cardiovascular disease
  - Gastrointestinal disease
  - Cancer

### 7. 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

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

### Future Opportunities:

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](https://hosa.org/alumni).