

2021-2022 Nutrition

Event Summary

The Nutrition test provides 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 tie-breaker essay question. 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 Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for [proper dress](#).

General Rules

1.	Secondary and Postsecondary / Collegiate divisions are eligible to compete in this event.
2.	All competitors shall report to the site of the event at the time designated for competition. At ILC, competitor's photo ID must be presented prior to ALL competition rounds.
3.	Academic Competition Events will be hosted on March. 19. 2022 at 여의도 전경련회관, Conference Hall 2F , AM 10:00

Process

4.	Official References: <ul style="list-style-type: none"> • Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition. • Nix, Staci. Williams' Basic Nutrition and Diet Therapy, Elsevier Science/Mosby, Inc. Latest edition.
5.	Written Test: The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
6.	Essay Question: 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.
7.	The test plan for Nutrition is: <ul style="list-style-type: none"> • 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% <ul style="list-style-type: none"> Diabetes Cardiovascular disease Renal disease Gastrointestinal disease Cancer Clients with special needs

