

HOSA Foundations of Nutrition Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which cuisine notes calcium intake is low due to lactose intolerance?**
 - A. Mexican Foods**
 - B. Puerto Rican Foods**
 - C. French American Foods**
 - D. Cajun**

- 2. Which condition involves a greater need for salt and water due to excess losses and may require vitamin supplementation?**
 - A. Ileostomy**
 - B. Celiac disease**
 - C. Peptic ulcer**
 - D. Diverticulosis**

- 3. What is the primary function of protein in the body?**
 - A. To build and repair body cells**
 - B. To provide the body's main energy**
 - C. To store vitamins**
 - D. To regulate blood sugar only**

- 4. Which illness is the deadliest form of food poisoning caused by Clostridium botulinum?**
 - A. Botulism**
 - B. Salmonellosis**
 - C. Listeriosis**
 - D. Campylobacteriosis**

- 5. Which body system transports fats throughout the body?**
 - A. Bloodstream**
 - B. Lymphatic system**
 - C. Nervous system**
 - D. Endocrine system**

- 6. Cellulose is a polysaccharide that serves as the primary structural component of what?**
- A. Plant cell walls**
 - B. Animal tissues**
 - C. Bone**
 - D. Blood**
- 7. Interstitial fluid is located where?**
- A. Inside blood vessels**
 - B. Between cells in tissues**
 - C. Within cells**
 - D. In lymphatic vessels**
- 8. An infection of the intestines marked by severe diarrhea is most accurately called which term?**
- A. Dysentery**
 - B. Cystitis**
 - C. Colitis**
 - D. Enteritis**
- 9. Which vitamin is commonly added to cereals and breads alongside thiamine, riboflavin, or niacin to prevent neural tube defects?**
- A. Thiamine**
 - B. Riboflavin**
 - C. Niacin**
 - D. Folate**
- 10. Which element is found in all body cells?**
- A. Carbon**
 - B. Nitrogen**
 - C. Sulfur**
 - D. Oxygen**

Answers

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1. A
2. A
3. A
4. A
5. B
6. A
7. B
8. A
9. D
10. C

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Explanations

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1. Which cuisine notes calcium intake is low due to lactose intolerance?

A. Mexican Foods

B. Puerto Rican Foods

C. French American Foods

D. Cajun

Lactose intolerance affects how much dairy people routinely consume, because the body has limited lactase to digest lactose in milk and dairy products. When dairy is avoided or limited, calcium intake from dairy can drop, since dairy is a major calcium source in many diets. In populations with higher lactose intolerance, such as communities with Mexican heritage, dairy consumption may be reduced more often, leading to lower overall calcium intake unless non-dairy calcium sources or fortified foods are used. While dairy appears in some Mexican dishes, daily eating patterns often rely less on dairy as a staple, so calcium adequacy depends more on other calcium-rich foods like leafy greens, fish with bones, beans, or fortified products. This pattern helps explain why calcium intake can be noted as lower in Mexican cuisines due to lactose intolerance.

2. Which condition involves a greater need for salt and water due to excess losses and may require vitamin supplementation?

A. Ileostomy

B. Celiac disease

C. Peptic ulcer

D. Diverticulosis

The main idea is that fluid and electrolyte losses surge when the colon's water-absorbing function is bypassed. In an ileostomy, the end of the small intestine is redirected to an opening in the abdomen, so most contents exit before the colon can reclaim water and electrolytes. That results in high-volume, watery output and a real risk of dehydration and electrolyte imbalances. Because of this, people with an ileostomy often need increased salt and fluid intake and may require vitamin supplementation—especially vitamin B12, due to limited absorption in the terminal ileum, and fat-soluble vitamins if absorption is affected. Other listed conditions involve malabsorption or inflammation but do not inherently produce ongoing large losses of salt and water, so they don't require the same emphasis on hydration and electrolyte replacement.

3. What is the primary function of protein in the body?

- A. To build and repair body cells**
- B. To provide the body's main energy**
- C. To store vitamins**
- D. To regulate blood sugar only**

Proteins act as the body's builders and repair crew. Their primary function is to provide amino acids that construct and replace body tissues—such as muscles, skin, and organs—supporting growth, healing, and ongoing maintenance. Alongside this structural role, proteins perform many other essential tasks, including forming enzymes that speed up reactions, hormones that regulate bodily processes, antibodies that defend against illness, and transport molecules in the blood. Energy isn't the main purpose of protein; carbohydrates and fats supply most calories, with protein used for energy mainly when other sources are limited. Storing vitamins isn't a function of protein, and while protein can influence blood glucose through gluconeogenesis, that isn't its main role.

4. Which illness is the deadliest form of food poisoning caused by *Clostridium botulinum*?

- A. Botulism**
- B. Salmonellosis**
- C. Listeriosis**
- D. Campylobacteriosis**

Botulism is a foodborne illness caused by the botulinum toxin produced by *Clostridium botulinum*, and it is the deadliest form of food poisoning due to its powerful effect on the nervous system. The toxin blocks the release of acetylcholine at neuromuscular junctions, causing rapid onset of symmetric flaccid paralysis. This can progress to affecting muscles that control the eyes, face, swallowing, and especially the muscles needed for breathing, leading to respiratory failure. Because the toxin is extraordinarily potent, even tiny amounts can cause severe, life-threatening illness, making prompt treatment with antitoxin and supportive care essential. Other illnesses listed are caused by different pathogens and typically involve gastroenteritis or systemic infections rather than the rapid, potentially fatal nerve-signal disruption seen with botulism. Salmonellosis and Campylobacteriosis usually cause diarrhea, fever, and abdominal cramps and are often self-limiting. Listeriosis can be severe in pregnant people, newborns, and older adults, but overall it does not produce the same abrupt, life-threatening paralysis as botulism.

5. Which body system transports fats throughout the body?

- A. Bloodstream
- B. Lymphatic system**
- C. Nervous system
- D. Endocrine system

Fats, being fat-soluble and not dissolving well in water, need a special carrier to move through the watery fluids of the body. They are packaged into chylomicrons in the lining of the small intestine and enter the lymphatic vessels (lacteals) first. The lymphatic system then transports these fat-containing particles through the body and eventually releases them into the bloodstream via the thoracic duct, where they are delivered to tissues after lipoprotein lipase acts on them. This makes the lymphatic system the primary route for transporting dietary fats. The bloodstream does carry fats later, but the initial transport from the gut occurs through the lymphatic system, which is why it's the best answer. The nervous, endocrine, and bloodstream systems play other roles, but not the main pathway for starting fat transport from digestion.

6. Cellulose is a polysaccharide that serves as the primary structural component of what?

- A. Plant cell walls**
- B. Animal tissues
- C. Bone
- D. Blood

Cellulose provides the main structural framework in plants, forming the rigid network of plant cell walls. Its long, straight chains of glucose align to create microfibrils that are held together by hydrogen bonds, giving the wall high tensile strength and the ability to resist internal turgor pressure. This sturdy cellulose-based scaffold is what lets plant cells maintain shape and stand upright. Animals, bone, and blood don't use cellulose as their primary structural component. Animals rely on proteins like collagen for connective tissue, bone is a mineralized matrix with calcium phosphate and collagen, and blood is a fluid mixture of plasma and cells rather than a cellulose framework.

7. Interstitial fluid is located where?

- A. Inside blood vessels
- B. Between cells in tissues**
- C. Within cells
- D. In lymphatic vessels

Interstitial fluid is the fluid that surrounds and bathes the cells in the spaces between them. It's part of the extracellular fluid and comes from plasma that leaks out of capillaries, helping deliver nutrients to cells and remove waste. This fluid is distinct from intracellular fluid, which is inside the cells, and from plasma, which remains within blood vessels. It's also not the fluid inside lymphatic vessels; once interstitial fluid enters lymph capillaries, it becomes lymph. So the fluid located between cells in tissues is the interstitial fluid.

8. An infection of the intestines marked by severe diarrhea is most accurately called which term?

- A. Dysentery**
- B. Cystitis**
- C. Colitis**
- D. Enteritis**

Severe diarrhea from an intestinal infection is described as dysentery. Dysentery refers to an inflammatory infection of the intestinal lining that produces frequent, often bloody and mucus-filled stools with a sense of urgency. It highlights the invasive, inflammatory nature of the gut infection, which distinguishes it from other conditions. Cystitis is a bladder infection, not an intestinal issue. Colitis is inflammation of the colon, which can cause diarrhea but does not specifically denote an infectious, severe diarrheal illness. Enteritis is inflammation of the small intestine, which can cause diarrhea as well, but the term dysentery is used when the infection in the intestines leads to more severe, inflammatory diarrhea.

9. Which vitamin is commonly added to cereals and breads alongside thiamine, riboflavin, or niacin to prevent neural tube defects?

- A. Thiamine**
- B. Riboflavin**
- C. Niacin**
- D. Folate**

Folate is added to cereals and breads to prevent neural tube defects because this vitamin is essential for DNA synthesis and cell division, which are critical as the fetus's brain and spinal cord are forming very early in pregnancy. Adequate folate around conception and in early gestation reduces the risk of neural tube defects such as spina bifida. That's why folic acid (the synthetic form used in fortification) was incorporated into enriched grains in many countries, alongside the vitamins previously added during milling—thiamine, riboflavin, and niacin—to restore nutrients lost in processing and support overall metabolism. The link here is clear: ensuring sufficient folate specifically helps prevent neural tube defects, whereas the other vitamins serve other metabolic roles.

10. Which element is found in all body cells?

- A. Carbon**
- B. Nitrogen**
- C. Sulfur**
- D. Oxygen**

Carbon forms the backbone of all organic molecules that build cells. Every biomolecule—carbohydrates, proteins, lipids, and nucleic acids—includes carbon, providing the diverse structures and functions that cells need. That universal carbon backbone is why carbon is found in all body cells. Sulfur, nitrogen, and oxygen are essential elements too, but they aren't present in every molecule within every cell; sulfur appears only in some amino acids and cofactors, nitrogen is central to many biomolecules but not every molecule contains it, and while oxygen is common, it isn't guaranteed in every single biomolecule. So carbon is the element shared by all body cells.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://hosafoundationsofnutri.examzify.com>

We wish you the very best on your exam journey. You've got this!

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