

HOSA FOUNDATIONS OF NUTRITION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 mineral deficiency is commonly linked to delayed growth and hypogonadism?**
 - A. Zinc
 - B. Iron
 - C. Calcium
 - D. Potassium
- 2. Which nutrient deficiency is associated with pernicious anemia?**
 - A. Vitamin B12
 - B. Folate
 - C. Thiamine
 - D. Niacin
- 3. Glycogen is the storage form of glucose in which tissues?**
 - A. Liver and muscles
 - B. Brain
 - C. Heart
 - D. Kidneys
- 4. Which process is described as combining nutrient oxygen within the cell and is also known as oxidation?**
 - A. Aerobic metabolism
 - B. Absorption
 - C. Alkalosis
 - D. Anemia
- 5. Destruction of red blood cells due to lack of which vitamin can occur?**
 - A. Vitamin A
 - B. Vitamin C
 - C. Vitamin E
 - D. Vitamin K

6. Phosphorus is found in which foods?

- A. Poultry
- B. Fruits
- C. Dairy
- D. Grains

7. Which statement about insoluble dietary fiber is supported by the material?

- A. It can decrease blood cholesterol
- B. It has no effect on cholesterol
- C. It is a vitamin
- D. It is a mineral

8. Which substance neutralizes chyme in the small intestine and is released by the pancreas in response to secretin?

- A. Sodium Bicarbonate
- B. Hydrochloric Acid
- C. Mucus
- D. Bile

9. The deadliest of bacterial food poisonings is?

- A. Botulism
- B. Salmonellosis
- C. Listeriosis
- D. Staphylococcal poisoning

10. Which cuisine features pasta, rice, olives, and fruit as staples, with beef seldom used and dessert as fruit?

- A. Italian Foods
- B. Greek Foods
- C. North European foods
- D. Central European foods

Answers

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

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Explanations

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1. Which mineral deficiency is commonly linked to delayed growth and hypogonadism?

A. Zinc

B. Iron

C. Calcium

D. Potassium

Growth and sexual maturation rely on zinc to support many cellular processes and hormone pathways. Zinc is a required cofactor for enzymes that drive DNA creation and protein synthesis, which are essential for the rapid growth of children. It also influences the hypothalamic-pituitary-gonadal axis, helping regulate the hormones that control puberty and gonadal function. When zinc is deficient, growth can slow and puberty can be delayed, leading to hypogonadism. The other minerals don't have this specific, direct link to growth and pubertal development: iron deficiency mainly causes anemia and related symptoms, calcium deficiency primarily affects bone mineralization, and potassium imbalance disrupts nerve and muscle function but isn't a typical cause of delayed growth or hypogonadism.

2. Which nutrient deficiency is associated with pernicious anemia?

A. Vitamin B12

B. Folate

C. Thiamine

D. Niacin

Pernicious anemia arises when the body can't absorb enough vitamin B12 because intrinsic factor, a stomach-produced protein needed for B12 absorption, is missing or targeted by the immune system. Vitamin B12 is essential for proper DNA synthesis in red blood cell precursors and for maintaining nerve myelin. Without it, red blood cells develop abnormally and become large and dysfunctional (megaloblastic anemia), and nervous system symptoms can appear from impaired myelin. Folate deficiency can also cause megaloblastic anemia, but pernicious anemia specifically reflects a vitamin B12 deficiency due to loss of intrinsic factor. So, the nutrient deficiency linked to pernicious anemia is vitamin B12.

3. Glycogen is the storage form of glucose in which tissues?

A. Liver and muscles

B. Brain

C. Heart

D. Kidneys

Glycogen is the storage form of glucose in animals, stored primarily in the liver and skeletal muscle. The liver keeps glycogen to maintain blood glucose during fasting or between meals; when needed, liver cells convert glycogen-derived glucose-6-phosphate into free glucose and release it into the bloodstream. Muscle glycogen, on the other hand, is reserved for the muscle's own energy needs during activity and cannot supply glucose to the blood because muscle tissue lacks the enzyme to convert glucose-6-phosphate to free glucose. While the brain, heart, and kidneys use glucose and may have some glycogen, they are not the main storage sites.

4. Which process is described as combining nutrient oxygen within the cell and is also known as oxidation?

A. Aerobic metabolism

B. Absorption

C. Alkalosis

D. Anemia

The process described is cellular energy production by oxidizing nutrients with oxygen inside the cell, called aerobic metabolism. In this pathway, nutrients such as glucose are oxidized through stages like glycolysis, the citric acid cycle, and the electron transport chain, with oxygen acting as the final electron acceptor to produce ATP, carbon dioxide, and water. This is the main way cells generate energy when oxygen is available. Absorption refers to taking substances into the body, alkalosis is a high blood pH condition, and anemia is a deficiency in red blood cells or hemoglobin; none of these describe the oxidation-based production of energy with oxygen.

5. Destruction of red blood cells due to lack of which vitamin can occur?

A. Vitamin A

B. Vitamin C

C. Vitamin E

D. Vitamin K

Vitamin E protects cell membranes from oxidative damage. Red blood cell membranes are rich in polyunsaturated fats, which are especially prone to lipid peroxidation. Without enough vitamin E, reactive oxygen species can damage these membranes, making red blood cells more fragile and prone to hemolysis as they circulate. This can lead to a hemolytic anemia. The other vitamins listed are not primarily linked to protecting red blood cells from destruction: vitamin A relates to vision and mucous membranes, vitamin C to collagen and scurvy, and vitamin K to blood clotting.

6. Phosphorus is found in which foods?

A. Poultry

B. Fruits

C. Dairy

D. Grains

Phosphorus is a mineral essential for bone structure, energy production, and cell membranes, and it's found in many foods, especially protein-rich animal products. Poultry provides phosphorus in a form that is highly bioavailable, so the body can absorb it efficiently. Fruits generally have little phosphorus. Grains do contain phosphorus, but much of it is bound as phytic acid, which can limit absorption. Because poultry offers a substantial amount of readily absorbed phosphorus among the given options, it stands out as the best choice.

7. Which statement about insoluble dietary fiber is supported by the material?

A. It can decrease blood cholesterol

B. It has no effect on cholesterol

C. It is a vitamin

D. It is a mineral

Insoluble fiber can influence cholesterol levels by reducing its reabsorption in the digestive tract. The material states that insoluble dietary fiber can decrease blood cholesterol, which fits with the idea that fiber helps move cholesterol and bile acids out of the body through the stool. When more bile acids are excreted, the liver pulls more cholesterol from the blood to make new bile acids, lowering circulating cholesterol. The other options are not consistent with the material: fiber isn't a vitamin or a mineral, and the material indicates there is an effect on cholesterol, so saying there's no effect isn't supported.

8. Which substance neutralizes chyme in the small intestine and is released by the pancreas in response to secretin?

A. Sodium Bicarbonate

B. Hydrochloric Acid

C. Mucus

D. Bile

When acidic chyme from the stomach enters the small intestine, the duodenal lining releases secretin. This hormone signals the pancreas to deliver a bicarbonate-rich fluid into the duodenum. The sodium bicarbonate neutralizes the acidic chyme, raising the pH to around neutral. This neutral environment is essential because pancreatic enzymes (like amylase, lipase, and proteases) and other intestinal enzymes work best at higher pH levels and would be inhibited by strong acidity. Mucus protects the lining, and bile helps digest fats, but neither is the neutralizing agent released by the pancreas in response to secretin.

9. The deadliest of bacterial food poisonings is?

A. Botulism

B. Salmonellosis

C. Listeriosis

D. Staphylococcal poisoning

Botulism stands out as the deadliest among common bacterial food poisonings because it is caused by a toxin so potent that a small amount can block nerve signals to muscles, leading to rapid, life-threatening respiratory paralysis. The botulinum toxin prevents the release of acetylcholine at neuromuscular junctions, causing muscles to become weak and, if the diaphragm and other breathing muscles fail, breathing can stop. This makes timely treatment crucial—antitoxin and supportive care can save lives, but delays can be fatal. Other foodborne illnesses like Salmonellosis and Staphylococcal poisoning mainly cause vomiting, diarrhea, and abdominal cramps with low mortality in healthy people. Listeriosis can be severe for pregnant individuals, newborns, and the immunocompromised, but its overall death rate across the general population is lower than that of botulism.

10. Which cuisine features pasta, rice, olives, and fruit as staples, with beef seldom used and dessert as fruit?

A. Italian Foods

B. Greek Foods

C. North European foods

D. Central European foods

Recognizing which ingredients define a cuisine helps you see why this pairing fits Italian foods. Pasta is a signature staple in Italian cooking, used in a vast array of dishes from simple al dente bowls to hearty sauces. Rice also appears in Italian cuisine, most famously in risotto, making it a common starch alongside pasta. Olives and olive oil are foundational fats and flavor bases in Italian dishes, tying many meals to the Mediterranean pantry. Desserts in Italian tradition often feature fruit or finish with fresh fruit, aligning with the idea of fruit as a common dessert option. Beef isn't the defining meat in Italian cooking; other proteins like pork, poultry, and seafood are more prominent in many traditional preparations. Put together, these elements point to Italian foods as the best match for this combination, whereas Greek, North European, and Central European cuisines emphasize different staples such as dairy, potatoes, bread, or meat-focused dishes.

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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