

HOSA HEALTHY LIVING PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Why is protein considered a macronutrient?

- A. It provides energy and is essential for growth and repair
- B. It is the only nutrient required by the body
- C. It is primarily found in fruits and vegetables
- D. It promotes mental clarity and focus

2. What are the Healthy People objectives related to pregnancy?

- A. 5
- B. 7
- C. 10
- D. 15

3. What percentage of children and young adolescents under 15 years of age represent all people with TB globally?

- A. 8%
- B. 11%
- C. 14%
- D. 16%

4. How does ageism impact health and well-being in older individuals?

- A. It increases physical activity levels
- B. It is associated with earlier death
- C. It promotes healthier eating habits
- D. It improves mental health

5. Which factor is NOT a cause of anaemia?

- A. Nutritional deficiency
- B. Chronic disease
- C. High blood pressure
- D. Infections

- 6. Which vaccine is essential for preventing diseases characterized by high fever and rash?**
- A. DPT Vaccine
 - B. Meningococcal Vaccine
 - C. MMR Vaccine
 - D. HPV Vaccine
- 7. What is a key aspect of a balanced diet?**
- A. Limiting all fats
 - B. Including a variety of food groups
 - C. Avoiding all carbohydrates
 - D. Focusing solely on proteins
- 8. What is the significance of setting SMART goals?**
- A. They are vague and open-ended
 - B. They provide a clear framework for achieving objectives
 - C. They guarantee success without effort
 - D. They focus on the process instead of the outcome
- 9. Harmful drinking contributes to which major noncommunicable disease?**
- A. Chronic liver disease
 - B. Alzheimer's disease
 - C. Asthma
 - D. Parkinson's disease
- 10. What developmental period is crucial for infant thermal protection?**
- A. First 6 months
 - B. First year
 - C. First 28 days
 - D. First 3 months

Answers

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

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Explanations

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1. Why is protein considered a macronutrient?

- A. It provides energy and is essential for growth and repair
- B. It is the only nutrient required by the body
- C. It is primarily found in fruits and vegetables
- D. It promotes mental clarity and focus

Protein is classified as a macronutrient because it plays a fundamental role in the growth, repair, and maintenance of body tissues. Macronutrients are nutrients that the body requires in larger quantities to provide energy and support critical physiological functions. Proteins are made up of amino acids, which are vital for building and repairing muscles, enzymes, hormones, and other body structures. In addition to supporting growth and repair, proteins do provide a source of energy. Though carbohydrates and fats are typically the body's primary sources of energy, proteins can be utilized for energy, especially during periods of low calorie intake or intense physical activity. This dual role of providing energy and being essential for various processes in the body is what firmly establishes protein as a macronutrient. The other options do not accurately capture the complete role and characteristics of protein. For example, while protein is essential, it is not the only nutrient required by the body, and it is not primarily found in fruits and vegetables, as those sources are more associated with fibers and vitamins. Finally, mental clarity and focus are not direct functions of protein; they are more associated with overall nutrition and the balance of various nutrients.

2. What are the Healthy People objectives related to pregnancy?

- A. 5
- B. 7
- C. 10
- D. 15

The correct answer indicates that there are seven Healthy People objectives related to pregnancy. The Healthy People initiative, which is a program of the U.S. Department of Health and Human Services, aims to improve health outcomes for all groups, including pregnant women. The seven objectives encompass various aspects of maternal and infant health, such as reducing maternal mortality, increasing the number of women receiving prenatal care, and reducing the incidence of low birth weight. These objectives are critical for guiding public health efforts and policies to ensure better health for mothers and their infants. The goals focus on promoting healthy pregnancies, ensuring access to quality healthcare, and improving the overall health of women during this crucial time. Through data collection and analysis, the objectives help identify areas needing improvement and track progress over time, ultimately leading to enhanced health outcomes for mothers and children across the nation.

3. What percentage of children and young adolescents under 15 years of age represent all people with TB globally?

- A. 8%
- B. 11%**
- C. 14%
- D. 16%

The correct answer indicates that about 11% of all individuals globally diagnosed with tuberculosis (TB) are children and young adolescents under the age of 15. This percentage reflects the significant impact that TB has on this age group, highlighting the vulnerability of younger populations to infectious diseases. Understanding this statistic is crucial in public health, as it underscores the need for targeted TB prevention and treatment strategies aimed at children and young adolescents. Focusing on this demographic is essential for global health initiatives, as effective vaccination and treatment protocols can help reduce the incidence of TB in younger populations, ultimately leading to a decline in the overall burden of the disease in communities worldwide. The other options present higher percentages, which do not align with current epidemiological data regarding tuberculosis cases in young people. It is important to rely on accurate percentages supported by research and health organization reports to effectively address public health concerns related to TB.

4. How does ageism impact health and well-being in older individuals?

- A. It increases physical activity levels
- B. It is associated with earlier death**
- C. It promotes healthier eating habits
- D. It improves mental health

Ageism significantly impacts the health and well-being of older individuals, and its association with earlier death underscores the seriousness of the issue. Ageism refers to stereotypes, prejudice, or discrimination against individuals based on their age. Older adults who experience ageism often face social isolation, decreased access to healthcare, and negative attitudes toward aging that can harm their mental and physical health. Research has shown that individuals who internalize ageist beliefs may perceive themselves as more fragile or unable to participate in activities, leading to a more sedentary lifestyle and reduced social interactions. This can exacerbate health issues and increase mortality risk. Conversely, those who view aging positively or are treated with respect and dignity are more likely to engage in healthier behaviors, experience better mental health, and ultimately lead longer lives. The other options present scenarios that generally do not align with the realities of ageism. Increased physical activity levels, healthier eating habits, and improved mental health are outcomes typically associated with positive societal attitudes and support systems rather than ageism, which tends to have the opposite effect.

5. Which factor is NOT a cause of anaemia?

- A. Nutritional deficiency
- B. Chronic disease
- C. High blood pressure**
- D. Infections

High blood pressure is not considered a direct cause of anemia. Anemia primarily arises from factors that affect the production of red blood cells, lead to their destruction, or cause loss of blood. Nutritional deficiencies, such as a lack of iron, vitamin B12, or folate, directly impact red blood cell production. Chronic diseases can hinder the body's ability to produce red blood cells by affecting the bone marrow or causing inflammation, while infections can lead to anemia as the body responds to illness, old red blood cells may break down more rapidly, or bone marrow function may be suppressed. High blood pressure, however, typically does not interfere with these processes in a way that would directly result in anemia.

6. Which vaccine is essential for preventing diseases characterized by high fever and rash?

- A. DPT Vaccine
- B. Meningococcal Vaccine
- C. MMR Vaccine**
- D. HPV Vaccine

The MMR vaccine is essential for preventing diseases characterized by high fever and rash because it provides immunization against measles, mumps, and rubella. Measles, in particular, is known for causing a high fever and a distinctive rash that can lead to severe complications. The vaccine works by stimulating the immune system to produce a response against these viruses, helping to prevent the onset of these illnesses. In the context of the other vaccines: the DPT vaccine (which protects against diphtheria, pertussis, and tetanus) does not specifically target diseases characterized by fever and rash. The meningococcal vaccine is aimed at preventing meningitis and does not prevent the diseases associated with fever and rash. The HPV vaccine is designed to prevent certain strains of the human papillomavirus, which can lead to cervical and other cancers, and is not related to fever or rash-related diseases.

7. What is a key aspect of a balanced diet?

- A. Limiting all fats
- B. Including a variety of food groups**
- C. Avoiding all carbohydrates
- D. Focusing solely on proteins

A key aspect of a balanced diet is including a variety of food groups. This approach ensures that the body receives a wide range of nutrients that are necessary for overall health. Different food groups provide different essential vitamins, minerals, proteins, and other important components that contribute to bodily functions and help prevent deficiencies. Incorporating a variety of foods—such as fruits, vegetables, grains, proteins, and dairy—serves to not only meet nutritional needs but also supports diverse dietary preferences and lifestyles. It promotes better health outcomes by reducing the risk of chronic diseases, as each food group plays a unique role in maintaining bodily functions and supporting metabolic processes. Limiting all fats, avoiding all carbohydrates, or focusing solely on proteins would lead to an unbalanced intake of nutrients. Such restrictive practices might eliminate important elements from the diet, hindering overall health and well-being. A truly balanced diet embraces moderation and diversity, recognizing that all food groups can contribute positively when consumed in appropriate amounts.

8. What is the significance of setting SMART goals?

- A. They are vague and open-ended
- B. They provide a clear framework for achieving objectives**
- C. They guarantee success without effort
- D. They focus on the process instead of the outcome

Setting SMART goals is significant because they provide a clear framework for achieving objectives. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Each component ensures that goals are well-defined and structured in a way that increases the likelihood of successful outcomes. Specific goals clarify exactly what is to be achieved, thus reducing ambiguity. Measurable objectives allow progress to be tracked and evaluated, helping individuals stay on course. Achievable means that the goals set are realistic and attainable, promoting motivation and preventing discouragement. Relevant ensures that the goals are meaningful and aligned with broader life objectives or values. Lastly, being time-bound gives a deadline that can create urgency and motivate individuals to act. This structured approach contrasts with vague or open-ended goals, which may lead to confusion and lack of direction. Additionally, while setting SMART goals can significantly increase the chances of success through careful planning and realistic expectations, they do not guarantee success without effort, nor do they focus solely on the process instead of the final outcome. The holistic view of SMART goals encompasses both the journey and the results, making them a powerful tool for personal and professional development.

9. Harmful drinking contributes to which major noncommunicable disease?

- A. Chronic liver disease**
- B. Alzheimer's disease
- C. Asthma
- D. Parkinson's disease

Harmful drinking is strongly linked to chronic liver disease, making it the correct answer. Alcohol can have detrimental effects on the liver, leading to conditions such as fatty liver, alcoholic hepatitis, and cirrhosis. These conditions fall under the umbrella of chronic liver disease, which reflects the long-term damage caused by excessive alcohol consumption. Chronic liver disease is a significant public health concern as it can lead to serious complications, including liver failure and liver cancer. This relationship highlights the importance of managing alcohol consumption as part of an overall strategy to prevent and address chronic diseases. While Alzheimer's disease, asthma, and Parkinson's disease are serious health issues, they are not directly caused by harmful drinking. Alzheimer's disease is primarily associated with neurodegenerative processes, asthma is a respiratory condition often triggered by environmental factors, and Parkinson's disease relates to movement disorders and neurological degeneration. Therefore, these conditions do not have the same direct connection to harmful drinking as chronic liver disease does.

10. What developmental period is crucial for infant thermal protection?

- A. First 6 months
- B. First year
- C. First 28 days**
- D. First 3 months

The first 28 days of life, often referred to as the neonatal period, are critical for an infant's thermal protection. During this time, newborns are particularly vulnerable to temperature fluctuations due to their immature physiological systems. They have a high surface area to volume ratio, meaning they can lose heat very quickly. Additionally, newborns have limited ability to shiver and rely heavily on external sources of warmth. In the neonatal period, infants are establishing their homeostatic processes, and their ability to regulate body temperature is not yet fully developed. Maintaining an appropriate thermal environment is essential to prevent hypothermia, which can lead to serious health issues. The need for proper thermal protection is heightened immediately after birth, as exposure to cold can lead to complications such as respiratory distress and increased metabolic demand. While the first three months and the first six months are also important for overall growth and development, the specific focus on thermal protection is most critical within the first 28 days, making it the most relevant period for this concern. Thus, understanding the need for careful thermal management immediately following birth is key in neonatal care practices for ensuring the health and survival of newborns.

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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://hosahealthyliving.examzify.com>

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

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