

HOSA Nutrition Assessment 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

- 1. What is the primary function of carbohydrates?**
 - A. Hormone production**
 - B. Energy provision**
 - C. Muscle repair**
 - D. Water retention**
- 2. What health issue may arise from a lack of essential fatty acids?**
 - A. Increased immunity**
 - B. Weight loss**
 - C. Dermatitis**
 - D. Stronger bones**
- 3. What effect do trans-fats have on cholesterol levels?**
 - A. They lower cholesterol levels**
 - B. They promote increased cholesterol levels**
 - C. They have no effect on cholesterol levels**
 - D. They increase HDL cholesterol**
- 4. What health issue is caused by iodine deficiency?**
 - A. Thyroid problems/goiter**
 - B. Anemia**
 - C. Osteoporosis**
 - D. Scurvy**
- 5. From which sources can you obtain Vitamin A?**
 - A. Fruits**
 - B. Whole grains**
 - C. Organ meats, butter, and eggs**
 - D. Legumes**
- 6. Which foods are rich in Beta carotene?**
 - A. Leafy greens**
 - B. Carrots and orange/red vegetables**
 - C. Nuts and seeds**
 - D. Dairy products**

- 7. What are the two major types of cholesterol based on their density?**
- A. LDL and VLDL**
 - B. HDL and LDL**
 - C. Triglycerides and HDL**
 - D. Chylomicrons and LDL**
- 8. Which of the following vitamins is involved in bone growth and development?**
- A. Vitamin B1**
 - B. Selenium**
 - C. Vitamin A**
 - D. Vitamin C**
- 9. What is the primary function of lipids in the body?**
- A. Support structure**
 - B. Storage of energy**
 - C. Facilitate digestion**
 - D. Regulate temperature**
- 10. What is a key function of vitamin D in the body?**
- A. It regulates digestion**
 - B. It stimulates gastric acid production**
 - C. It aids in the GI absorption of calcium and phosphorous**
 - D. It enhances blood circulation**

Answers

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

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Explanations

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1. What is the primary function of carbohydrates?

- A. Hormone production
- B. Energy provision**
- C. Muscle repair
- D. Water retention

The primary function of carbohydrates is to provide energy. Carbohydrates are one of the three macronutrients (alongside proteins and fats) that serve as a significant energy source for the body. When consumed, carbohydrates are broken down into glucose, which is then utilized by the body's cells for immediate energy or stored as glycogen in muscles and the liver for later use. This energy is essential for various bodily functions such as physical activity, maintaining metabolic processes, and supporting overall cellular function. While hormones are crucial for many physiological processes and proteins play a vital role in muscle repair, carbohydrates are specifically important for supplying the energy necessary to fuel these activities. Water retention relates more to the impact of certain nutrients and electrolytes rather than serving as a primary function of carbohydrates. Therefore, the emphasis on energy provision is what distinguishes carbohydrates in this context.

2. What health issue may arise from a lack of essential fatty acids?

- A. Increased immunity
- B. Weight loss
- C. Dermatitis**
- D. Stronger bones

A lack of essential fatty acids can lead to various health issues, with dermatitis being one of the most well-documented consequences. Essential fatty acids, such as omega-3 and omega-6, play a crucial role in maintaining the integrity of the skin's barrier function. When these fats are insufficient in the diet, the skin may become dry, inflamed, and prone to conditions like dermatitis, which presents as redness, itching, and scaling. This inflammation reflects the body's need for these fatty acids to support skin health and immune responses. In contrast, the other options do not reflect typical outcomes associated with a deficiency in essential fatty acids. While increased immunity is generally supported by a balanced intake of essential nutrients, a deficiency might actually impair immune function. Weight loss can occur for various reasons and is not directly linked to the lack of essential fatty acids. Lastly, stronger bones are primarily supported by vitamins and minerals such as calcium and vitamin D, rather than essential fatty acids. Therefore, dermatitis is the most appropriate choice in regard to the consequences of not consuming enough essential fatty acids.

3. What effect do trans-fats have on cholesterol levels?

- A. They lower cholesterol levels
- B. They promote increased cholesterol levels**
- C. They have no effect on cholesterol levels
- D. They increase HDL cholesterol

Trans fats are a type of unhealthy fat that are often found in processed foods. They are known to have a significant impact on cholesterol levels. Specifically, trans fats can contribute to an increase in low-density lipoprotein (LDL) cholesterol, which is often referred to as "bad" cholesterol. Elevated LDL cholesterol levels are associated with an increased risk of heart disease and other cardiovascular conditions. Additionally, trans fats can simultaneously lower high-density lipoprotein (HDL) cholesterol, which is the "good" cholesterol that helps remove LDL cholesterol from the bloodstream. This dual effect on cholesterol levels—raising LDL while lowering HDL—illustrates why trans fats are considered particularly harmful to cardiovascular health. Therefore, the correct answer highlights the negative impact of trans fats on cholesterol levels, emphasizing their role in promoting increased overall cholesterol levels, particularly the unhealthy type. Understanding this relationship helps inform dietary choices and contributes to better health outcomes.

4. What health issue is caused by iodine deficiency?

- A. Thyroid problems/goiter**
- B. Anemia
- C. Osteoporosis
- D. Scurvy

Iodine deficiency primarily leads to thyroid problems, most notably goiter, which is an enlargement of the thyroid gland. Iodine is an essential element required for the synthesis of thyroid hormones. When there is insufficient iodine in the diet, the production of these hormones decreases. In response, the pituitary gland produces more thyroid-stimulating hormone (TSH) to stimulate the thyroid gland, which can cause it to enlarge in an effort to produce sufficient hormones, resulting in goiter. The role of iodine in the body is crucial for maintaining metabolic functions, regulating growth, and ensuring proper development of cognitive functions. Regions where iodide is not plentiful in the diet, such as areas far from the ocean, are particularly susceptible to iodine deficiency and its associated health problems. Other health issues mentioned, such as anemia, osteoporosis, and scurvy, are caused by deficiencies in other nutrients and are not directly related to iodine deficiency. Anemia is typically linked to a lack of iron or vitamin B12. Osteoporosis is associated with deficiencies in calcium and vitamin D. Scurvy is caused by a deficiency in vitamin C. Therefore, iodine deficiency specifically correlates with thyroid problems, making it the correct choice.

5. From which sources can you obtain Vitamin A?

- A. Fruits
- B. Whole grains
- C. Organ meats, butter, and eggs**
- D. Legumes

Vitamin A is a fat-soluble vitamin that plays a crucial role in various bodily functions, including vision, immune function, and skin health. The primary sources of Vitamin A are animal products and certain fortified foods. Organ meats, such as liver, are particularly rich in Vitamin A in its active form, known as retinol. Other animal sources like butter and eggs also contribute to dietary intake of this vitamin. While fruits and vegetables can contribute to Vitamin A intake through carotenoids (which the body can convert to Vitamin A), the correct option focuses specifically on the most direct and significant sources of preformed Vitamin A, which are found in animal products. Whole grains and legumes are not significant sources of this vitamin, further emphasizing the importance of the animal-based foods listed in the correct answer.

6. Which foods are rich in Beta carotene?

- A. Leafy greens
- B. Carrots and orange/red vegetables**
- C. Nuts and seeds
- D. Dairy products

Beta carotene is a precursor to vitamin A and is primarily found in foods that are orange, red, and yellow in color, as well as some leafy greens. Carrots and a variety of orange or red vegetables, such as sweet potatoes, squash, and bell peppers, are particularly high in beta carotene. This pigment not only gives these foods their vibrant color but also serves as a powerful antioxidant, contributing to various health benefits, including improved vision and immune function. Leafy greens also contain beta carotene, but they have a different kind of pigment that can make it less recognizable or lower in quantity compared to the richer sources found in orange and red vegetables. Nuts, seeds, and dairy products do not significantly contribute to beta carotene levels, as they generally lack this pigment. Therefore, focusing on carrots and other orange/red vegetables is the most direct and effective way to increase beta carotene intake in the diet.

7. What are the two major types of cholesterol based on their density?

A. LDL and VLDL

B. HDL and LDL

C. Triglycerides and HDL

D. Chylomicrons and LDL

The correct answer identifies the two major types of cholesterol based on their density as HDL (High-Density Lipoprotein) and LDL (Low-Density Lipoprotein). HDL is often referred to as "good" cholesterol because it helps transport cholesterol away from the arteries and back to the liver, where it can be processed and removed from the body. This function is beneficial as it reduces the risk of heart disease. On the other hand, LDL is considered "bad" cholesterol because elevated levels can lead to a buildup of cholesterol in the arteries, increasing the risk of cardiovascular diseases. Understanding these two types of cholesterol is essential for assessing cardiovascular health. HDL's density is higher because it contains a larger proportion of protein, while LDL contains more fat, which is why it's less dense. Recognizing this distinction helps guide dietary and lifestyle choices to manage cholesterol levels effectively.

8. Which of the following vitamins is involved in bone growth and development?

A. Vitamin B1

B. Selenium

C. Vitamin A

D. Vitamin C

Vitamin A plays a crucial role in bone growth and development due to its involvement in the regulation of osteoblasts and osteoclasts, the cells responsible for bone formation and resorption, respectively. It is essential for the synthesis of proteins that are vital for the development of bone tissue. Furthermore, vitamin A impacts the differentiation and function of bone cells, ensuring that the skeleton develops properly during growth phases. Inadequate levels of vitamin A can lead to compromised bone health, demonstrating its importance in this biological process. Other vitamins and minerals listed may contribute to overall health, but they do not play as direct a role in bone development as vitamin A does. For instance, vitamin B1 (thiamine) is primarily involved in energy metabolism, selenium is an essential trace element that functions mainly as an antioxidant, and vitamin C is important for collagen synthesis but does not directly influence the bone cells involved in growth and density as effectively as vitamin A.

9. What is the primary function of lipids in the body?

- A. Support structure**
- B. Storage of energy**
- C. Facilitate digestion**
- D. Regulate temperature**

The primary function of lipids in the body is to serve as a storage form of energy. Lipids, which include fats and oils, are highly concentrated sources of energy, providing more than twice the energy per gram compared to carbohydrates or proteins. When the body has excess energy from food, it converts this energy into triglycerides, which are stored in adipose tissue. This stored energy can be mobilized and utilized during periods of fasting or increased energy demands, making lipids essential for maintaining energy balance and supporting metabolic processes. Additionally, lipids play other roles in the body, such as forming cell membranes, serving as signaling molecules, and assisting in the absorption of fat-soluble vitamins. However, their primary and most significant role in the context of energy management is their function as an energy reservoir.

10. What is a key function of vitamin D in the body?

- A. It regulates digestion**
- B. It stimulates gastric acid production**
- C. It aids in the GI absorption of calcium and phosphorous**
- D. It enhances blood circulation**

Vitamin D plays a crucial role in the body's health, particularly in the regulation of calcium and phosphorus levels, which are essential for maintaining healthy bones and teeth. One of its key functions is promoting the gastrointestinal absorption of these minerals. When the body is exposed to sunlight, it synthesizes vitamin D, which then enhances the intestinal absorption of calcium and phosphorus from the diet. This action not only supports bone health but also contributes to overall mineral balance in the body. The other options do not accurately reflect the primary roles of vitamin D. While digestion and gastric acid production are important processes in the gastrointestinal system, they are not directly influenced by vitamin D. Similarly, although blood circulation is vital for overall health and is influenced by various nutrients and factors, vitamin D's primary function is most closely aligned with mineral absorption.

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://hosanutrition.examzify.com>

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