

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

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- 1. Why is iron essential in the body?**
 - A. For energy production**
 - B. For immune function**
 - C. For the formation of hemoglobin**
 - D. For skin health**

- 2. Which type of cholesterol is referred to as "bad cholesterol"?**
 - A. HDL**
 - B. LDL**
 - C. VLDL**
 - D. LDL-C**

- 3. What percentage of daily caloric intake should come from carbohydrates?**
 - A. 10-20%**
 - B. 30-40%**
 - C. 50-60%**
 - D. 70-80%**

- 4. What best describes sucrose deficiency?**
 - A. Can occur at any age**
 - B. Late onset with mild symptoms**
 - C. Body cannot digest sucrose, resulting in GI symptoms**
 - D. Inherited condition causing liver damage**

- 5. How are fatty acids classified?**
 - A. By color**
 - B. By number of carbons and degree of saturation**
 - C. By age**
 - D. By molecular weight**

- 6. What is the recommended dietary allowance for fiber per day?**
- A. 15-20 grams**
 - B. 20-25 grams**
 - C. 25-35 grams**
 - D. 35-40 grams**
- 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. How much folic acid is recommended daily during pregnancy to prevent neural tube defects?**
- A. 200 mcg/day**
 - B. 400 mcg/day**
 - C. 600 mcg/day**
 - D. 800 mcg/day**
- 9. Which amino acid function is crucial for maintaining pH balance in the body?**
- A. Energy production**
 - B. Neurotransmitter support**
 - C. Osmotic balance**
 - D. Muscle repair**
- 10. What are potential results of essential fatty acid deficiency?**
- A. Increased energy storage**
 - B. Dermatitis and blood clotting issues**
 - C. Improved cognitive function**
 - D. Enhanced physical performance**

Answers

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

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Explanations

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1. Why is iron essential in the body?

- A. For energy production
- B. For immune function
- C. For the formation of hemoglobin**
- D. For skin health

Iron is an essential mineral that plays a critical role in the formation of hemoglobin, which is the protein found in red blood cells responsible for transporting oxygen from the lungs to various tissues throughout the body. Adequate levels of iron are necessary to ensure that hemoglobin can effectively bind with oxygen. This is vital for maintaining energy levels, supporting cellular function, and sustaining overall health. When the body lacks sufficient iron, it can lead to anemia, a condition characterized by reduced hemoglobin levels. This not only decreases oxygen transportation but can also result in fatigue, weakness, and decreased immune function. Therefore, the importance of iron in the body is primarily linked to its function in hemoglobin synthesis and oxygen transport, making the correct answer focused on its role in hemoglobin formation.

2. Which type of cholesterol is referred to as "bad cholesterol"?

- A. HDL
- B. LDL**
- C. VLDL
- D. LDL-C

The type of cholesterol commonly referred to as "bad cholesterol" is low-density lipoprotein (LDL). This classification is based on its role in cardiovascular health. High levels of LDL cholesterol can lead to a buildup of plaque in the arteries, which can narrow or block blood flow, increasing the risk of heart disease and stroke. In contrast, high-density lipoprotein (HDL) is known as "good cholesterol" because it helps transport cholesterol away from the arteries and back to the liver for excretion or recycling, reducing the risk of heart disease. Very-low-density lipoprotein (VLDL) is another type of lipoprotein that mainly carries triglycerides in the bloodstream, but it is not specifically labeled as "bad cholesterol." LDL-C refers to the cholesterol component of LDL particles; while related to the discussion about LDL as "bad cholesterol," it is more technical and does not represent a separate classification of cholesterol type. Thus, LDL is recognized for its association with negative health outcomes when present in high amounts, solidifying its status as "bad cholesterol."

3. What percentage of daily caloric intake should come from carbohydrates?

- A. 10-20%
- B. 30-40%
- C. 50-60%**
- D. 70-80%

The recommendation that 50-60% of daily caloric intake should come from carbohydrates is grounded in established dietary guidelines aimed at promoting overall health and energy balance. Carbohydrates are a primary source of energy for the body, as they are quickly metabolized to provide fuel for physical activity and essential functions. This percentage aligns with suggestions from various health organizations, which emphasize the importance of carbohydrates, particularly from whole grains, fruits, and vegetables, in a balanced diet. When the intake of carbohydrates occupies this range, it helps ensure that an adequate amount of energy is available while also allowing for the inclusion of necessary nutrients from these carbohydrate sources. Additionally, carbohydrates play a crucial role in the proper functioning of the brain, central nervous system, and muscles, making them a vital component of a healthy diet. This guideline reflects a balanced approach to nutrition that supports not only energy needs but also overall well-being.

4. What best describes sucrose deficiency?

- A. Can occur at any age
- B. Late onset with mild symptoms
- C. Body cannot digest sucrose, resulting in GI symptoms**
- D. Inherited condition causing liver damage

Sucrose deficiency specifically refers to the inability of the body to properly digest sucrose, which is a common sugar found in many foods. This condition is caused by a deficiency in the enzyme sucrase, which is necessary for breaking down sucrose into its simpler sugar components: glucose and fructose. When sucrase is not functioning effectively, sucrose cannot be adequately digested, leading to gastrointestinal symptoms such as gas, bloating, and diarrhea after the consumption of sucrose-containing foods. This option correctly highlights the primary physiological consequence of sucrase deficiency, making it the most accurate description among the choices provided. The gastrointestinal symptoms that arise directly result from the malabsorption of sucrose, which is a hallmark of this deficiency. Other options reference aspects of the condition that do not align directly with the defining characteristics of sucrase deficiency. For instance, it doesn't occur at any age; although it can present in different scenarios, it typically has genetic underpinnings or may develop early in life. The characterization as a late onset with mild symptoms is misleading, as symptoms can be quite pronounced depending on sucrose intake. The mention of an inherited condition causing liver damage does not relate to sucrase deficiency, which focuses on enzyme

5. How are fatty acids classified?

A. By color

B. By number of carbohydrates and degree of saturation

C. By age

D. By molecular weight

Fatty acids are classified primarily by the number of carbon atoms they contain and their degree of saturation. Saturation refers to whether the carbon chains are fully saturated with hydrogen atoms or if there are double bonds present between carbon atoms. Fatty acids can be categorized as saturated, monounsaturated, or polyunsaturated based on these features: 1. **Saturated fatty acids** have no double bonds, meaning their carbon chains are fully "saturated" with hydrogen. 2. **Monounsaturated fatty acids** have one double bond in the carbon chain. 3. **Polyunsaturated fatty acids** have two or more double bonds. Additionally, fatty acids can be classified based on the length of their carbon chain (short-chain, medium-chain, or long-chain), but the key factors are the number of carbons and the type of bonds present. This classification system is crucial for understanding how fatty acids affect health, metabolism, and their roles in nutrition. Other classification methods, such as by molecular weight or physical properties like color and age, are not relevant for understanding fatty acid types in the context of nutrition.

6. What is the recommended dietary allowance for fiber per day?

A. 15-20 grams

B. 20-25 grams

C. 25-35 grams

D. 35-40 grams

The recommended dietary allowance for fiber per day is 25 to 35 grams. This range is supported by various health organizations, including the Institute of Medicine and the American Heart Association, which highlight the importance of dietary fiber in promoting digestive health, regulating blood sugar levels, and potentially lowering the risk of chronic diseases such as heart disease and diabetes. Fiber contributes to a feeling of fullness, which can aid in weight management and overall nutritional balance. The lower end of the spectrum, around 25 grams, is generally recommended for women, while the upper end, closer to 35 grams, is often suggested for men or individuals with higher caloric needs. Consuming an appropriate amount of fiber is crucial for maintaining a healthy digestive system and promoting overall health, making the recommendation of 25 to 35 grams a critical guideline in nutrition assessments.

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. How much folic acid is recommended daily during pregnancy to prevent neural tube defects?

- A. 200 mcg/day
- B. 400 mcg/day**
- C. 600 mcg/day
- D. 800 mcg/day

During pregnancy, it is recommended that women consume 400 mcg of folic acid daily to help prevent neural tube defects in the developing fetus. Folic acid, a B vitamin, plays an essential role in DNA synthesis and cell division, making it crucial for proper fetal development, particularly in the early stages of pregnancy when the neural tube is forming. The recommendation of 400 mcg per day is based on research that demonstrates this amount significantly reduces the risk of neural tube defects such as spina bifida and anencephaly. Many health organizations, including the Centers for Disease Control and Prevention (CDC), endorse this guideline to ensure the health and safety of both the mother and the developing baby. While the other amounts listed may be higher than this recommended dosage, they are not typically advised for general supplementation without specific medical reasons. Higher doses may be appropriate in certain cases, such as for women with a history of neural tube defects, but the standard recommendation for general pregnancy wellness remains at 400 mcg per day.

9. Which amino acid function is crucial for maintaining pH balance in the body?

- A. Energy production**
- B. Neurotransmitter support**
- C. Osmotic balance**
- D. Muscle repair**

The correct choice highlights the importance of the amino acid in maintaining osmotic balance within the body, which is a key component for regulating the body's pH levels. Amino acids play a significant role in various physiological processes, including the buffering action that helps maintain a stable pH in bodily fluids. Osmotic balance refers to the proper distribution of solutes and water across cell membranes, which is vital for cellular function. Certain amino acids can act as buffers, helping to resist changes in pH when acids or bases are introduced into the system. This buffering capacity is essential for many biochemical reactions that rely on a stable pH environment for optimal functioning. In contrast, while energy production and neurotransmitter support are important functions of certain amino acids, they do not directly relate to the pH balance in the same way as osmotic balance does. Similarly, although muscle repair involves amino acids, particularly in relation to post-exercise recovery, it is not specifically tied to the regulation of pH levels in the body. Thus, the role of amino acids in maintaining osmotic balance is fundamental for ensuring proper pH homeostasis.

10. What are potential results of essential fatty acid deficiency?

- A. Increased energy storage**
- B. Dermatitis and blood clotting issues**
- C. Improved cognitive function**
- D. Enhanced physical performance**

Essential fatty acid deficiency can lead to a variety of health issues, with dermatitis and blood clotting problems being among the most notable. Essential fatty acids, such as omega-3 and omega-6 fatty acids, play vital roles in maintaining skin integrity and overall dermatological health. A deficiency in these fatty acids can manifest as dry, scaly skin or dermatitis, which may lead to inflammation and irritation. Furthermore, these fatty acids are crucial for the production of eicosanoids, which are signaling molecules that participate in various physiological functions including the regulation of blood clotting. Without adequate levels of essential fatty acids, the body may experience issues related to clotting, leading to potential complications such as increased bleeding or impaired healing. The other options do not accurately reflect the consequences of essential fatty acid deficiency. Increased energy storage is typically associated with excess caloric intake rather than deficiency. Improved cognitive function and enhanced physical performance would also not be outcomes of such a deficiency, as essential fatty acids have a critical role in brain health and optimal body function. Thus, option B accurately captures the significant adverse effects related to a lack of essential fatty acids.

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:

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

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