

HOSA NUTRITION ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. What role does phosphorous play in the human body?**
 - A. It is a primary energy source
 - B. It acts as a structural component of bones and teeth
 - C. It regulates body temperature
 - D. It is a component of hormones
- 2. Which type of fat is associated with lowering heart disease risk?**
 - A. Trans fats
 - B. Saturated fats
 - C. Omega-3 fatty acids
 - D. Cholesterol
- 3. 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
- 4. One of the functions of retinol as a form of Vitamin A is:**
 - A. Antioxidant activity
 - B. Night vision improvement
 - C. Reduction of inflammation
 - D. Brain function enhancement
- 5. What is the function of vitamin E in the body?**
 - A. Bone strengthening
 - B. Protecting from oxidation
 - C. Protein synthesis
 - D. Boosting immune response
- 6. What are some important functions of amino acids in the body?**
 - A. Energy storage
 - B. Tissue repair and immune function
 - C. Protein synthesis only
 - D. Detoxification

7. Which component is essential for the body's absorption of calcium?

- A. Potassium
- B. Vitamin D
- C. Sodium
- D. Iron

8. What is a unique feature of the vitamin B complex vitamins?

- A. They are fat-soluble
- B. They can be stored in the body for long periods
- C. They are water-soluble
- D. They are not essential for energy metabolism

9. Which type of carbohydrate plays a crucial role in bowel function?

- A. Simple sugars
- B. Insoluble fiber
- C. Complex starches
- D. All types of carbohydrates

10. Pantothenic Acid (B5) is a component of which important compound?

- A. Coenzyme A
- B. Hemoglobin
- C. NADPH
- D. ATP

Answers

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

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Explanations

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1. What role does phosphorous play in the human body?

- A. It is a primary energy source
- B. It acts as a structural component of bones and teeth**
- C. It regulates body temperature
- D. It is a component of hormones

Phosphorus plays a crucial role in the human body primarily as a structural component of bones and teeth. It combines with calcium to form calcium phosphate, which is a major mineral found in bones and teeth, giving them strength and rigidity. This makes phosphorus essential for maintaining healthy skeletal structure and function. While phosphorus is involved in various metabolic processes, such as the formation of ATP (adenosine triphosphate), which is vital for energy transfer within cells, it is not considered a primary energy source itself. Instead, it supports energy-related functions at the molecular level. In terms of body temperature regulation, phosphorus does not have a direct role in this process. Body temperature regulation is more closely tied to other systems and metabolic reactions. Phosphorus is also a component in various biomolecules, including nucleic acids and some hormones, but its most important function remains its role in the structural integrity of bones and teeth. Thus, identifying phosphorus as a key structural element aligns with its significant contributions to overall health and skeletal support.

2. Which type of fat is associated with lowering heart disease risk?

- A. Trans fats
- B. Saturated fats
- C. Omega-3 fatty acids**
- D. Cholesterol

Omega-3 fatty acids are well-known for their heart health benefits. Research has shown that these polyunsaturated fats can help reduce inflammation throughout the body, lower triglyceride levels, and decrease the risk of arrhythmias (irregular heartbeats). They may also improve overall cardiovascular function and are associated with a reduced risk of heart disease. These beneficial fats are typically found in foods such as fatty fish (like salmon and mackerel), flaxseeds, walnuts, and canola oil. Including omega-3 fatty acids in the diet can promote better heart health and is an essential component of dietary recommendations for reducing the risk of coronary artery disease. In contrast, the other types of fats mentioned have different effects on heart health. Trans fats and saturated fats are generally harmful when consumed in excess, as they can raise LDL (bad) cholesterol levels and contribute to heart disease. Cholesterol, while necessary for certain bodily functions, does not directly reduce heart disease risk in the same way omega-3 fatty acids do.

3. 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.

4. One of the functions of retinol as a form of Vitamin A is:

- A. Antioxidant activity
- B. Night vision improvement**
- C. Reduction of inflammation
- D. Brain function enhancement

Retinol, a form of Vitamin A, plays a vital role in night vision improvement due to its involvement in the formation of rhodopsin, which is a pigment found in the retina that allows the eyes to adapt to low-light conditions. When light hits rhodopsin, it triggers a biochemical process that converts light signals into electrical signals sent to the brain, enabling vision in dim lighting. This specific function highlights the importance of retinol in maintaining healthy vision, especially in low-light environments. Other options may represent functions associated with Vitamin A but aren't as directly connected to retinol as night vision. For example, while Vitamin A can have antioxidant properties, that role is primarily attributed to other compounds within the Vitamin A family, like carotenoids. Similarly, while there are links between Vitamin A and immune function, the improvement of night vision remains one of the most critical and specific roles associated with retinol, distinguishing it as the correct answer in this context.

5. What is the function of vitamin E in the body?

- A. Bone strengthening
- B. Protecting from oxidation**
- C. Protein synthesis
- D. Boosting immune response

Vitamin E plays a crucial role in protecting cells from oxidative damage. It is a powerful antioxidant that helps neutralize free radicals in the body, which are unstable molecules that can cause harm to cell structures, lipids, and DNA. By mitigating oxidative stress, vitamin E supports overall cellular health and helps maintain the integrity of various biological systems. In contrast, the other options focus on different physiological functions. Bone strengthening relates more to vitamins like D and K, which are directly involved in calcium metabolism and bone health. Protein synthesis is primarily associated with amino acids and various B vitamins, such as B6, B12, and folate. Boosting immune response is indicative of vitamins such as A, C, and D, each playing distinct roles in regulating immune function. Thus, the unique role of vitamin E in combating oxidative damage clearly distinguishes it from these other functions.

6. What are some important functions of amino acids in the body?

- A. Energy storage
- B. Tissue repair and immune function**
- C. Protein synthesis only
- D. Detoxification

Amino acids play several critical roles in the body, of which tissue repair and immune function are particularly significant. They are the building blocks of proteins, which are essential for the growth and repair of tissues. When the body undergoes injury or stress, such as infection or trauma, amino acids are mobilized to support healing processes, accelerate tissue regeneration, and promote recovery. Additionally, certain amino acids are vital for the proper functioning of the immune system. They contribute to the production of antibodies and other immune molecules, helping the body defend itself against pathogens. For instance, glutamine, an amino acid, is crucial for maintaining the integrity of the gut barrier and supporting immune cell function. While amino acids serve various functions, including participating in energy metabolism and detoxification processes, integral roles in tissue repair and immune response are particularly noteworthy. These functionalities highlight the importance of adequate protein intake in the diet to ensure a sufficient supply of amino acids for maintaining health and supporting recovery from injuries or illnesses.

7. Which component is essential for the body's absorption of calcium?

- A. Potassium
- B. Vitamin D**
- C. Sodium
- D. Iron

Vitamin D is essential for the body's absorption of calcium because it plays a crucial role in the metabolism of this mineral. It facilitates the intestinal absorption of calcium from the food we eat, ensuring that sufficient amounts of calcium enter the bloodstream and become available for various bodily functions, such as bone formation and maintenance. Without adequate vitamin D, the body struggles to absorb calcium effectively, which can lead to bone-related health issues, such as osteoporosis or rickets. The other components listed have important functions, but they do not directly influence calcium absorption in the same way that vitamin D does. Potassium is vital for numerous bodily functions, including muscle contractions and nerve signaling, but it does not have a direct role in calcium absorption. Sodium is primarily involved in fluid balance and transmitting nerve signals, while iron is crucial for oxygen transport in the blood, but none of these have the specific function of mediating the absorption of calcium like vitamin D does.

8. What is a unique feature of the vitamin B complex vitamins?

- A. They are fat-soluble
- B. They can be stored in the body for long periods
- C. They are water-soluble**
- D. They are not essential for energy metabolism

Vitamin B complex vitamins are characterized as being water-soluble. This means that they dissolve in water and are not stored in the body to any significant extent. Instead, they are excreted through urine when excess amounts are consumed. This unique property requires a regular intake of these vitamins through diet, as they play critical roles in various metabolic processes, including energy production. The water-soluble nature of vitamin B complex vitamins, which includes vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin), underlines their importance in maintaining overall health, particularly in energy metabolism and the functioning of the nervous system. Regular availability through food sources, such as grains, meats, and vegetables, is essential for individuals, as these vitamins are needed for numerous bodily functions but are not readily stored. Thus, their classification as water-soluble is a defining feature compared to fat-soluble vitamins, which can accumulate in body tissues.

9. Which type of carbohydrate plays a crucial role in bowel function?

- A. Simple sugars
- B. Insoluble fiber**
- C. Complex starches
- D. All types of carbohydrates

Insoluble fiber is essential for bowel function because it helps to add bulk to the stool and promotes regular intestinal movement. This type of fiber does not dissolve in water, which allows it to pass through the digestive system intact. As it moves through the intestines, it absorbs water and expands, which helps to form a softer stool that is easier to pass, thereby reducing the likelihood of constipation and promoting overall digestive health. Insoluble fiber also supports the health of the bowel by facilitating processes such as peristalsis, which is the wave-like contraction of the intestines that moves food along the digestive tract. Additionally, it may contribute to the prevention of certain gastrointestinal disorders, including diverticulitis. While simple sugars and complex starches provide energy, they do not have the same beneficial effects on bowel function as insoluble fiber. All types of carbohydrates are important for various bodily functions, but when it comes specifically to bowel health, insoluble fiber stands out as the crucial player.

10. Pantothenic Acid (B5) is a component of which important compound?

A. Coenzyme A

B. Hemoglobin

C. NADPH

D. ATP

Pantothenic Acid, also known as vitamin B5, is an essential nutrient that is a precursor to Coenzyme A (CoA). Coenzyme A plays a crucial role in the metabolism of carbohydrates, fats, and proteins by facilitating the transfer of acyl groups in biochemical reactions. It is vital for the synthesis and oxidation of fatty acids, the metabolism of amino acids, and the citric acid cycle, which is central to energy production in cells. Coenzyme A is involved in forming acetyl-CoA, a key molecule that feeds into the Krebs cycle, allowing for energy extraction from macronutrients. Without pantothenic acid, the formation of CoA would be impaired, leading to disruptions in energy metabolism and other metabolic pathways. This highlights the critical role of pantothenic acid in maintaining overall nutritional health and metabolic efficiency. In contrast, the other listed compounds—hemoglobin, NADPH, and ATP—do not directly rely on pantothenic acid for their formation or function within the body. Hemoglobin is a protein responsible for oxygen transport in the blood, NADPH is a cofactor used in various biosynthetic reactions, and ATP serves as the primary energy carrier in cells. While all these compounds are important in biological systems,

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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