HOSA FOUNDATIONS OF NUTRITION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 15

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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.

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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!

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Questions

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1. Which cuisine notes calcium intake is low due to lactose intolerance?

A. Mexican Foods

B. Puerto Rican Foods

C. French American Foods

D. Cajun

2. Which trio of electrolytes maintains the balance between intracellular and extracellular fluids?

A. Sodium, Chloride, and Potassium

B. Sodium, Potassium, and Calcium

C. Calcium, Potassium, and Chloride

D. Potassium, Sodium, and Bicarbonate

3. Which condition is described as needing small frequent meals and avoidance of esophageal irritants?

A. Hiatal hernia

B. Peptic ulcer

C. Inflammatory bowel disease

D. Ileostomy

4. The unit representing the amount of heat needed to raise the temperature of 1 kilogram of water by 1°C is known as what?

A. Calorie

B. Joule

C. Watt

D. Newton

5. Which group of vitamins are fat soluble and stored in the body's fatty tissues?

A. Fat soluble vitamins

B. Water soluble vitamins

C. Both

D. None

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6. Which molecules are glucose, fructose, and galactose classified as?

A. Monosaccharides
B. Disaccharides
C. Polysaccharides
D. Oligosaccharides

7. Which enzyme reduces fats to fatty acids and glycerol?

A. Pancreatic lipase
B. Pancreatic amylase
C. Peptidases
D. Bile salts

8. Which of the following is NOT one of the three natural lipid groups?

A. Triglycerides
B. Phospholipids
C. Sterols
D. Glycolipids

9. What is the active form of vitamin A?

A. Retinol
B. Carotenoids
C. Riboflavin
D. Tocopherol

10. Which cuisine notes lack of vitamin C?

A. Mexican Foods
B. African American Foods
C. Puerto Rican Foods
D. Cajun

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Answers

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

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Explanations

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1. Which cuisine notes calcium intake is low due to lactose intolerance?

A. Mexican Foods

B. Puerto Rican Foods

C. French American Foods

D. Cajun

Lactose intolerance affects how much dairy people routinely consume, because the body has limited lactase to digest lactose in milk and dairy products. When dairy is avoided or limited, calcium intake from dairy can drop, since dairy is a major calcium source in many diets. In populations with higher lactose intolerance, such as communities with Mexican heritage, dairy consumption may be reduced more often, leading to lower overall calcium intake unless non-dairy calcium sources or fortified foods are used. While dairy appears in some Mexican dishes, daily eating patterns often rely less on dairy as a staple, so calcium adequacy depends more on other calcium-rich foods like leafy greens, fish with bones, beans, or fortified products. This pattern helps explain why calcium intake can be noted as lower in Mexican cuisines due to lactose intolerance.

2. Which trio of electrolytes maintains the balance between intracellular and extracellular fluids?

A. Sodium, Chloride, and Potassium

B. Sodium, Potassium, and Calcium

C. Calcium, Potassium, and Chloride

D. Potassium, Sodium, and Bicarbonate

Fluid balance between intracellular and extracellular compartments hinges on electrolytes that establish osmotic gradients and electrical neutrality. The outside of cells is dominated by sodium and its accompanying anion, chloride; this pairing helps maintain extracellular fluid volume and the electrical environment around cells. Inside the cells, potassium is the principal cation shaping intracellular osmolarity and membrane potential. The Na+/K+-ATPase pump actively maintains these gradients by pumping sodium out and potassium in, preserving distinct fluid compositions in each compartment. Sodium and chloride together govern the extracellular side, while potassium anchors the intracellular side, enabling proper fluid distribution and cellular function. Calcium and bicarbonate play important roles in other processes, but they don't best describe the trio that maintains the balance between the two fluid compartments.

3. Which condition is described as needing small frequent meals and avoidance of esophageal irritants?

A. Hiatal hernia

B. Peptic ulcer

C. Inflammatory bowel disease

D. Ileostomy

The concept here is managing reflux into the esophagus. A hiatal hernia can make reflux more likely because part of the stomach pushes up through the diaphragm, which can weaken the barrier at the junction where the esophagus meets the stomach. To reduce reflux and protect the esophagus, small, frequent meals are recommended to keep the stomach from becoming overly full and to lower post-meal pressure. Avoiding esophageal irritants—things like caffeine, alcohol, fatty or spicy foods, chocolate, peppermint, and highly acidic items—helps prevent irritation of the esophageal lining when reflux occurs. Other conditions listed don't center on reflux-driven dietary guidance. Peptic ulcer disease involves ulcers in the stomach or duodenum and isn't defined by a routine need for small meals and avoidance of esophageal irritants; inflammatory bowel disease and an ileostomy relate to different parts of the digestive tract and have other dietary considerations.

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4. The unit representing the amount of heat needed to raise the temperature of 1 kilogram of water by 1°C is known as what?

A. Calorie

B. Joule

C. Watt

D. Newton

Heat energy is quantified in units like calories and joules, and in nutrition the Calorie (capital C) is used to represent a kilocalorie. The amount of heat required to raise the temperature of 1 kilogram of water by 1°C is 1 kilocalorie, which is the same as 1000 small calories and equals about 4184 joules. On food labels and in dietary contexts, that energy amount is referred to as a Calorie. The other options don't fit because a joule is a general energy unit (not the special nutrition term), a watt is a unit of power, and a newton is a unit of force.

5. Which group of vitamins are fat soluble and stored in the body's fatty tissues?

A. Fat soluble vitamins

B. Water soluble vitamins

C. Both

D. None

Fat-soluble vitamins are those that dissolve in fat and require dietary fat for absorption. They are carried with fats through the body and tend to be stored in the liver and in fatty tissues, so they can accumulate if taken in excess. This storage capability explains why they don't need to be consumed every day, but also why high intakes—especially from supplements—can lead to toxicity. The vitamins in this group are A, D, E, and K. In contrast, water-soluble vitamins aren't stored to a meaningful extent and are usually excreted in urine, so they typically need more regular daily intake.

6. Which molecules are glucose, fructose, and galactose classified as?

A. Monosaccharides

B. Disaccharides

C. Polysaccharides

D. Oligosaccharides

Glucose, fructose, and galactose are single-sugar molecules. That makes them monosaccharides—the simplest form of carbohydrates and the building blocks for more complex sugars. When two monosaccharides join, you get a disaccharide like sucrose or lactose; when many units bond together, you get polysaccharides such as starch or cellulose. Oligosaccharides are short chains of a few sugars but not a single unit. Because these three are each just one sugar unit, they're classified as monosaccharides.

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7. Which enzyme reduces fats to fatty acids and glycerol?

A. Pancreatic lipase

B. Pancreatic amylase

C. Peptidases

D. Bile salts

Fat digestion hinges on an enzyme that cleaves triglycerides into smaller units. Pancreatic lipase is the main enzyme in the small intestine that accomplishes this, breaking triglycerides into fatty acids and glycerol (with monoglycerides as intermediates). Bile salts help by emulsifying fats to give lipase better access. The other options don't digest fats: pancreatic amylase targets carbohydrates, peptidases target proteins, and bile salts are emulsifiers rather than enzymes.

8. Which of the following is NOT one of the three natural lipid groups?

A. Triglycerides

B. Phospholipids

C. Sterols

D. Glycolipids

Lipids are grouped by their structure and typical roles in the body. The three main natural lipid groups are triglycerides, which store energy in a glycerol backbone with three fatty acids; phospholipids, which have a glycerol backbone, two fatty acids, and a phosphate-containing head that makes them ideal for cell membranes; and sterols, built on a multi-ring structure such as cholesterol that provides rigidity and signaling functions. Glycolipids, while also essential components of membranes, are lipids with sugar units attached. They're important for cell recognition and signaling, but they aren't counted among the three primary lipid families. So glycolipids are not one of the three natural lipid groups.

9. What is the active form of vitamin A?

A. Retinol

B. Carotenoids

C. Riboflavin

D. Tocopherol

Vitamin A functions through several related compounds, but the form that serves as the main active, usable form in the body is retinol. Retinol is the alcohol form that circulates in the blood and is stored in the liver, ready to be converted as needed. From retinol, the body can make retinal, which is essential for vision, and retinoic acid, which acts like a hormone to regulate gene expression and cell growth. Carotenoids such as beta-carotene are precursors that the body can convert into retinol, but they aren't active vitamin A themselves. Riboflavin and tocopherol are vitamins other than A (B2 and E), not forms of vitamin A.

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10. Which cuisine notes lack of vitamin C?

A. Mexican Foods

B. African American Foods

C. Puerto Rican Foods

D. Cajun

Vitamin C intake depends on how often a diet includes fresh fruits and vegetables that are rich in this vitamin, and on how foods are prepared, since cooking can reduce vitamin C content. In this kind of question, a cuisine is described as lacking vitamin C when its typical dishes rely more on staple, starchy foods and proteins with fewer frequent servings of vitamin C–rich produce. Mexican foods are labeled as lacking vitamin C in this context because the common traditional patterns emphasize staples like corn-based dishes and beans rather than a wide variety of fresh fruits and vegetables. While lime and certain salsas can contribute vitamin C, the overall pattern described for this item associates it with lower regular intake of vitamin C–rich produce, compared with other cuisines that routinely feature abundant fruits, leafy greens, peppers, or citrus. That broader inclusion of vitamin C sources in the other cuisines makes them less likely to be noted as lacking vitamin C. In short, the concept being tested is how the typical makeup of a cuisine influences its vitamin C notes, with Mexican foods described as having lower vitamin C notes in this particular context.

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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://hosafoundationsofnutri.examzify.com

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

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