

Food Science

Question	Correct Answer	Answer2	Answer3	Answer4
As popcorn heats, the _____ inside each kernel expands. Pressure builds, causing the corn to pop.	water	carbohydrates	protein	lipid
Mouthfeel, one of several sensory sensations that contribute to the perception of flavor, is influenced by a food's:	temperature	color	nutritional quality	none of these
The preventative food safety concept called _____ has seven principles.	HACCP	GMPs	GAPs	SSOPs
The enzyme _____ causes milk to coagulate by converting the milk protein casein into a compound called paracasein.	rennin	maltase	papain	bromelin
The _____ on a package of chocolate chip cookies tells the consumer what nutrients are in the product.	Nutrition Facts panel	Food Pyramid	Ingredient Statement	Nutrition Statement
When you eat breakfast in the morning, digestion of your cereal starts in your:	mouth	intestine	esophagus	stomach
Fat in products such as peanut butter and potato chips can _____ over time to become rancid, causing undesirable flavors and colors.	oxidize	denature	caramelize	dehydrate
For consumer safety, ground beef should always be cooked to a minimum internal temperature of 160 degrees F before it is consumed. This would be equal to _____ degrees C.		71.1	345.6	129.8
A _____ is a foodborne illness that occurs when microorganisms grow in food and produce a toxin in the food. The toxin causes illness when the food is consumed.	food intoxication	stomach flu	food infection	case of influenza
Sulfating is sometimes used for pretreatment of fruits and vegetables that are to be dehydrated in order to:	slow oxidation and enzymatic browning	shorten drying time	enhance the safety of the finished fruits and vegetables	enhance the crunchiness of the finished fruits and vegetables
In the process of canning green beans, the point in the beans that is the last to reach the temperature considered safe for killing microorganisms is known as the:	cold point	sterile point	safety point	hot point
The chemical state of the meat protein _____ determines the color of meat.	myoglobin	tropomyosin	nebulin	desmin
The addition of vitamin A to margarine is an example of food:	fortification	nutrification	enrichment	restoration

Food will keep colder longer in an ice chest with ice at 0 degrees C compared to an ice chest with water at 0 degrees C because of the:

latent heat of fusion	condensation	latent heat of vaporization	melting point of water
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Meat is composed of fibrous proteins called:
 The pH scale is a mathematical scale in which the concentration of hydrogen ions in a solution is expressed as a number from 0 to ____ to indicate acidity.

actin and myosin	serum albumin and conglycinin	elastin and giladin	collagen and casein
	14	9	7 18

When a food processing plant is cleaned and sanitized, a bacteriostatic agent may be used that will:

inhibit the growth of bacteria but does not necessarily kill them	kill bacterial cells	enhance the growth of probiotic bacteria	have no effect on bacteria
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The F-value is the:
 Butter contains a high amount (about 4 percent) of _____ acid, which is a short chain fatty acids that gives butter a buttery aroma, especially as it warms up.
 Sugar, one of the most common sweeteners in the world, is derived primarily from:

number of minutes required to destroy a specific number of microbes at 250 degrees F	length of time required to destroy 90% of the microorganisms present at a specific temperature	number of degrees F required for a specific thermal death time curve to pass through one log cycle, or 90% destruction	increase in death rate due to a 10 degree C increase in temperature
butyric	caprylic	behenic	linolenic
sugar cane and sugar beets	honey	maple trees	corn

An egg foam is formed by beating egg white. Denatured by beating, the egg protein forms a:

colloidal dispersion

alimentary solution precipitate

polymer

_____ is a packaging technology used for some vegetable, meat, and potato products that creates a specific gaseous environment so the food product has a longer shelf life.

Modified atmosphere packaging

Aerobic packaging Aseptic packaging

Edible packaging

Since 1963, _____ has helped nations agree on food safety and trade regulation.

Codex Alimentarius

Department of Homeland Security

National Academy of Science

Centers for Disease Control and Prevention

Swiss cheese has holes because it is ripened with organisms that produce:

carbon dioxide gas

proteolytic enzymes

nitrogen gas

ethyl alcohol

Gelatin is made by taking _____, a protein that is not easily soluble in water, and altering its structure, and then reforming it with the addition of a sweetening agent, a flavorant for taste, and a colorant. The government agency that created a special class of additives that are generally recognized as safe was the:

collagen

elastin

agar

cellulose

FDA

USDA

EPA

FSIS

The most important ingredient in bread is _____ because it determines the texture.

flour

shortening

yeast

sugar

_____ is a pigment that contributes to the red color of tomatoes and raspberries.

Anthocyanin

Annatto

Carmine

Enocianina

_____ is a nutritive sweetener because it produces calories when it is metabolized in the body.

Sucrose

Saccharin

Acesulfame K

Sucralose

Vegetables such as lettuce wilt, or become limp, when _____ is lost.

turgor

glycogen

immiscibility

homeostasis

_____ is an ingredient used in cured meat that inhibits the growth of *Clostridium botulinum*.

Sodium nitrite

Sodium erythorbate

Sodium phosphate

Sodium lactate

A _____ is a piece of equipment that is used to provide a steady supply of circulated, heated air to dry foods.

dehydrator

microwave

heat exchange pasteurizer

retort

Oil and water will not mix together in a salad dressing because they are:

immiscible

hydrophobic

hydrophilic

hyroscopic

Butterscotch pudding that has been thickened with starch can experience retrogradation if held in the refrigerator for a few days and have:

_____ is related to a food's hydrogen ion concentration, or with the acid's potential for ionization.

Hot dogs, cold cuts, and soft cheeses are ready-to-eat foods that have been known to be responsible for foodborne outbreaks due to _____. This organism can survive at greater temperature extremes than most other organisms.

_____ is a scale for relating specific gravity to sugar content in a beverage.

In milk, the enzyme lactase breaks down lactose, or milk sugar, into _____ and glucose.

Most of the world's supply of cocoa comes from:

Sourdough bread has a unique flavor that is due to the presence of:

Table sugar is composed of:

Baking powder is a leavening compound that contains baking soda, _____, and starch or some other filler.

Cream creates a better foam than milk because:

Nabisco markets Oreo Double Stuff sandwich cookies. One serving, equivalent to 1 ounce, contains 7 grams of fat, 2.5 grams of saturated fat, 0 mg of cholesterol, 120 mg of sodium, 21 grams of carbohydrates, 1 gram of dietary fiber, 13 grams of sugar, and 1 gram of protein. One serving would be equivalent to _____ calories.

After World War II, studies were conducted to replace erucic acid in rapeseed oil with _____ to create canola oil.

To obtain the most reliable sensory information from people about a food product, it is recommended that sensory scientists hold sensory evaluation panels in:

syneresis	meniscus	carmelization	coagulation
sourness	sweetness	bitterness	savoryness
<i>Listeria monocytogenes</i>	<i>Clostridium botulinum</i>	<i>Staphylococcus aureus</i>	<i>Salmonella enteritidis</i>
Brix	pH	Water activity	Iodine number
galactose	maltose	fructose	amylose
West Africa	Brazil	Malaysia	Caribbean
<i>Lactobacillus</i>	<i>Pseudomonas</i>	<i>Cornebacterium</i>	<i>Aspergillus carbon,</i> nitrogen, oxygen
carbon, hydrogen, oxygen	carbon, hydrogen, sodium	carbon, chloride, nitrogen	nitrogen, oxygen
dry acids	sodium phosphate	dry bases	sodium chloride
it is more viscous than milk	it is less viscous than milk	it has a high surface tension	it has a lower fat content
	151	119	221
oleic acid	palmitoleic acid	linoleic acid	linolenic acid
late morning or midafternoon	early morning	midafternoon or late day	lunchtime

The D-value is the: Potato chips are commonly sealed in packages flushed with pure nitrogen to minimize oxidation that would lead to unpleasant flavors, otherwise known as:	length of time required at a specific temperature to destroy 90% of the microorganisms present	number of degrees F required for a specific thermal death time curve to pass through one log cycle, or 90% destruction	number of minutes required to destroy a specific number of microbes at 250 degrees F	increase in death rate due to a 10 degree C increase in temperature
	rancidity	carmelization	stabilization	saturation
_____ is a vegetable gum added to evaporated milk before processing to stabilize the casein proteins.	Carrageenin	Chicle	Terpene resin	Complexed maltodextrine/whey protein isolate
A complete protein is a protein that contains all the essential: Food components such as fat that do not dissolve in water are considered:	amino acids	fatty acids	carbohydrates	triglycerides
The mass percent of 15 g of salt (sodium chloride) in 85 g of water is equal to:	insoluble	volatile	indestructible	miscible
	15	4.7	21.4	17.6
Fermentation is a production step in the process of making _____. _____ wheat is the type of wheat most commonly used to manufacture pasta.	vanilla	hot dogs	tomato soup	strawberry milk
_____ is an acronym for a special list of additives that contains substances such as spices, natural seasonings, and flavorings that are considered safe for human consumption and not regulated as additives.	Durum	Club	Common	Hard Red
	GRAS	FAO	LOG	CODEX

Trans fat is made when _____ is added to vegetable oil in a process called hydrogenation.

hydrogen

oxygen

nitrogen gas

sodium

When pancakes are cooked on a griddle, the griddle transfers heat to the pancake batter by:

conduction

convection

radiation

electromagnetic waves

When a summer sausage is thermally processed in a smokehouse that has excessive air speed and/or too little humidity, the sausage may form a hard outer layer, trapping moisture inside, which could lead to subsequent microbial problems. This is called:

case hardening

dehydration

blanching

rehydration

In an experiment for a whipped cream company, a scientist tested whipping the cream in a metal or plastic vat to determine which was best for whipping cream. For this experiment, the bowl material would be considered a(n):

independent variable

dependent variable

inductive variable

deductive variable

The first ingredient in the ingredient statement on the can of Mountain Dew soda is listed as "carbonated water." This is actually a solution of the gas _____ dissolved in water.

carbon dioxide

oxygen

nitrogen

hydrogen

The viscosity of ketchup is a measure of its:

resistance to flow

mass per unit of volume

specific gravity

ability to dissolve in another substance

_____ is formed when the myoglobin in meat becomes oxidized and turns brownish in color.

Metmyoglobin

Oxymyoglobin

Deoxymyoglobin

Nitrosometmyoglobin

Cream is classified by the amount of fat it contains. Light whipping cream must contain _____ percent fat.

30-36%

10.5-18%

18-30%

36% or more

Oscar Mayer markets a product called "Fast Franks" that is a microwavable hot dog in a bun. One serving, equivalent to 1 hot dog with bun, contains 19 grams of fat, 5 grams of saturated fat, 45 mg of cholesterol, 790 mg of sodium, 21 g of carbohydrates, 1 gram of dietary fiber, 5 grams of sugar, and 10 grams of protein. One serving would be equivalent to ___ calories.

295

364

305

250

Quaker® Oats is an example of a company that was permitted by the FDA to place a food-specific health claim on Quaker® Oatmeal because research studies suggested that _____ may lower blood cholesterol slightly.

fiber

protein

trans fatty acids

soluble sucrose

Oil and water are two immiscible liquids found in salad dressings that can be blended together with the addition of a(n):

emulsifier

thickener

stabilizer

catalyst

The water content in fruits, vegetables, and meats ranges between _____ percent.	70-90%	10-30%	50-70%	30-50%	
A company that makes fresh bratwurst has received complaints from consumers that the sausage looks uncooked in the center of the product even though the consumer has thoroughly cooked it. A scientist has been called in by the company to look at the product and identify why this is occurring. The ability to view and understand the entire production process well enough to identify potential problem areas is called:	trouble shooting	HACCP	technical service	quality assurance	
_____ are substances added to baked goods, such as cakes, to help them lighten or rise during baking.	Leavening agents	Antioxidants	Emulsifiers	Surfactants	
The creamy texture of Dannon™ yogurt is an example of a food:	attribute	nutrient	flavor	aroma	
To deactivate enzymes in fruits and vegetables, the produce is immerse in boiling water in a process called:	blanching	neutralization	condensation	pasteurization	
The nutrition label found on many food packages is called:	Nutrition Facts	Nutrition Education	Percent Daily Value	Health Claims	
_____ is the protein found in meat that is responsible for color.	myoglobin	hemoglobin	collagen	elastin	
Microwaves do not affect all molecules equally. They have the greatest effect on _____ molecules.	water	fatty acids	starch	protein	
_____ is an effective antioxidant that is used in many food products to prevent fat from oxidizing and developing off flavors.	BHT	Sorbic acids	Sodium chloride	Calcium propionate	
All foods have a pH, which is the negative logarithm of the hydrogen ion concentration. The pH of most foods is in the _____ range of the pH scale.	acid	base	neutral	acid and base	
The carbon dioxide dissolved in a can of soda is a:	solute	globule	colloidal dispersion	aggregate	
The FDA has compiled a list of over 600 ingredients considered safe and are not designated as additives. This list is called the _____ list.	Generally Recognized as Safe	Food Additive Status	Delaney	Everything Added to Food in the US	
If a food product contains 10,000,000 (10 ⁷) microbes per gram, and experiences a 99.99 percent kill rate, then _____ microbes per gram will survive.		1,000	100	10	1
In the body, enzymes break down _____ into simple sugars.	carbohydrates	fat	protein	water	
Microorganisms that grow at refrigeration temperatures are considered to be _____.	psychrotrophs	thermophiles	mesophiles	thermotroph	

The length of time cottage cheese can be safely stored refrigerated before deteriorating is known as:

shelf life

pack date

storage life

display time

The color of maple syrup is the result of a _____ between a monosaccharide and an amino acid normally found in the sap of the maple tree.

Maillard reaction

enzymatic browning reaction

crystallization

endothermic reaction

_____ is a carbohydrate in some fruits that has the ability to form gels.

Pectin

Maltose

Fructose

Sucrose

A 42 g serving of M&Ms® contains 9 grams of fat, 30 grams of carbohydrates, and 2 grams of protein. That would be equivalent to _____ calories.

209

324

219

314

_____ is a microorganism that may be found in the body's nasal passages and on the skin. If perishable food contaminated with this organism is allowed to sit at room temperature for an extended period of time, this organism produces a toxin that causes foodborne illness.

Staphylococcus aureus

Salmonella enteritis

E. coli

Listeria monocytogenes

_____ flourish in environments of high osmotic pressure, or low water activity, and are responsible for spoilage of dry fruits, fruit juices, and maple syrup.

Osmiophilic yeasts

Pathogenic bacteria

Viruses

Thermophilic molds

Commercially canned carrots, peas, and corn are processed in a huge pressure canner called a:

retort

sterilizer

rotary cooker

extruder

_____ is an example of a pure substance.

Table salt

Dill pickles

Chocolate

Ketchup

A low acid food is a food that has:

very little acid

a large amount of acid

a pH below 4.6

been acidified with citric acid

_____ is a pathogen that grows under anaerobic conditions and is a concern in canned food products.

Clostridium botulinum

E. coli

Bacillus cereus

Staphylococcus aureus

_____ is a process used to prevent browning in fruit and light colored vegetables.

Sulfating

Dehydration

Stabilizing

Nutrification

In the research and development laboratory of a food company, a scientist is deciding on the type of sweetener to use in a cereal product. Which sugar should they choose if they want to use the sweetest sugar from the following choices available to them?

fructose

sucrose

maltose

glucose

In _____, a German chemist named Andreas Sigismund Marggraf discovered that the sweetness of sugar beets and of sugar cane was the result of sucrose.

1774

1650

1829

1888

During bread production, <i>Saccharomyces cerevisiae</i> causes bread to rise through the process of:	fermentation	hydrolyzation	mastication	lyophilization
To stabilize liquids in some foods, _____ such as citric acid, malic acid, and tartaric acid, are added to surround metal ions and prevent them from catalyzing the oxidation of unsaturated fatty acids.	sequestrants	anti-caking agents	humectants	texturizers
_____ is a scientific term that is used to describe how food feels in the mouth.	Mouthfeel	Volatile	Viscosity	Flavor
If a food product is altered so that it appears to be of a higher quality than it actually is, this is considered to be:	food adulteration	food enhancement	a legal process	a benefit to consumers
When people work in a food processing establishment, employees are taught to wash their hands and wear appropriate clothing and a hairnet. These steps are part of the company's _____ to produce safe and wholesome food.	good manufacturing practices	sanitation standard operating procedures	HACCP program	quality assurance program
A green radura symbol displayed on a food package label indicated the product has undergone:	irradiation	sterilization	pasteurization	lyophilization
Milk is supplemented with Vitamin ____ because it is essential to the growth and repair of bones.	D	A	E	K
The process that breaks down fat globules in milk to make them smaller and more uniform in size is called:	homogenization	encapsulation	pasteurization	lyophilization
Meat grading is a:	voluntary procedure conducted by the USDA	required procedure conducted by the USDA	voluntary procedure conducted by the EPA	required procedure conducted by the EPA
Fermentation is a production step in the process of making _____.	chocolate	microwave popcorn	oatmeal cookies	frankfurters
Scientists at Calgene Company isolated the gene responsible for the deterioration of a tomato when it is picked, then used this knowledge to create the Flavr-Savr® tomato. This is an example of applying _____ to alter the genetic makeup of a food.	biotechnology	physics	magic	inorganic chemistry
The stretchy, elastic protein found in wheat that gives bread its final shape and structure is called:	gluten	casein	myosin	chalaza
The major or main part of a meal is called:	an entrée	a snack	an appetizer	junk food

The presence of <i>Listeria monocytogenes</i> in Bologna is an example of a _____ in food.	biological hazard	physical hazard	chemical hazard	acceptable hazard
The study of food production, processing, preparation, evaluation, and use is called:	food science	entomology	ichthyology	agrobiology
Any microorganism that can cause disease is called a:	pathogen	virus	prion	parasite
The use of computers in interactive engineering drawing and storage of designs is known as CAD, or _____.	Computer-Aided Design	Computer-Assisted Development	Computer-Added Development	Computer-Aided Drawing
Taste buds are sensory organs located on various parts of the tongue. If you were eating salty pretzels, you would perceive the salty taste on the _____ of the tongue.	tip	side	middle	back
When steam undergoes a phase change to liquid water, _____ occurs.	condensation	evaporation	vaporization	lyophilization
You are developing a new food product that requires a rapidly dissolving sugar. Given a choice of using equal amounts of granulated sugar, brown sugar, powdered sugar, or a sugar cube, which type of sugar would dissolve the fastest?	powdered sugar because it has more surface area per gram of solid	granulate sugar because of its crystals	brown sugar because it contains molasses	sugar cube because of its uniform shape
As eggs age, the egg white becomes thinner because the pH of the egg:	becomes more basic due to decreased carbon dioxide levels inside of the egg	becomes more acidic due to increased carbon dioxide levels inside of the egg	becomes more acidic due to decreased carbon dioxide levels inside of the egg	becomes more basic due to increased carbon dioxide levels inside of the egg
At sea level, pure water freezes at:	0 degrees C	32 degrees C	28 degrees C	0 degrees F
The ability to thicken when a starch has begun to cool is called:	retrogradation	dehydration	syneresis	viscosity

The government agency responsible for ensuring that food such as ketchup is safe and wholesome is the:	Food and Drug Administration	Food Safety and Inspection Service	Government Accountability Office	Department of Health and Human Services
The process of adding hydrogen to unsaturated fat molecules causing double bonds to break and be replaced with single bonds resulting in liquid oil being converted to a semi-solid fat is known as:	hydrogenation	solidification	lipidization	saturation
_____ is a protein found in milk.	Casein	Keratin	Albumin	Myosin
_____, in the form of carotene, is found in large amounts in carrots, sweet potatoes, and apricots.	Vitamin A	Vitamin B6	Vitamin C	Vitamin D
_____ is a heat treatment that destroys all pathogens but does not destroy all spoilage organisms.	Pasteurization	Commercial sterilization	Irradiation	Sterilization
During digestion, proteins are broken down into:	amino acids	glycogen	triglycerides	glucose
Blanching is a process used during preservation of fruits and vegetables to deactivate _____ prior to freezing.	enzymes	carbohydrates	lipids	starches
_____ bacteria are used to make vinegar.	Acetic acid	Lactic acid	Ascorbic acid	Citric acid
Yeast breads are made from soft dough and rely on yeast fermentation to make the bread rise. The one sugar yeast cannot ferment is:	lactose	maltose	glucose	sucrose
To make fermented milk products such as cottage cheese or yogurt, a starter culture is added to pasteurized milk in a step known as:	inoculation	incubation	precipitation	mastication
A food contains 11 grams of fat, 6 carbohydrates, and 8 grams of protein. That would be equivalent to ___ calories.		155	120	140
_____ is a microorganism that can cause a foodborne intoxication.	<i>Staphylococcus aureus</i>	<i>Salmonella enteritis</i>	<i>Listeria monocytogenes</i>	<i>Bacillus cereus</i>
The advent of large scale food dehydration began during:	World War I	World War II	The Civil War	The Napoleonic Wars
Canned foods are processed in a commercial canner called a:	retort	rotary cooker	extruder	sterilizer

Freeze drying food is based on the phase change called:	sublimation	irradiation	condensation	evaporation
Food ingredients that are GRAS, also known as _____, are considered safe for human consumption.	Generally Recognized as Safe	Generally Research Assured Safe	Government Recognized as Safe	Government Research Assured Safe
Identifying critical control points is an important principle of:	HACCP	GMPs	SOPs	SSOPs
Water that is potable is:	safe for drinking	considered waste water	unsafe for drinking	only acceptable if it undergoes purification
The Hershey Company is marketing a Hershey milk chocolate bar containing Reese's pieces called Twosomes. This is an example of a:	line extension	retail expansion	competitive advantage	market division
A sensory scientist evaluates characteristics such as texture, aroma, and flavor of food products. These are also called:	food attributes	food conditions	food discordance	a food matrix
An example of a non-digestible complex carbohydrate is:	fiber	sucrose	starch	glucose
The portion of a label found on food packages that presents nutritional information is called:	Nutrition Facts	Food Facts	Nutritional Education	Daily Values
The method of heating that occurs during canning of solid-pack canned foods like tuna or ham is:	conduction	convection	radiation	irradiation
In the process of freezing food, _____ in the food product if a slow freezing process is used.	large ice crystals will form	small ice crystals will form	there is no effect on the size of crystals formed	large and small ice crystals will form
The amount of heat required to convert water from a liquid to a gas at its boiling point is called:	heat of vaporization	heat of liquidation	heat of fusion	heat of evaporation

The more _____ a lipid contains, the softer or more oily a lipid will be.

unsaturated fatty acids

saturated fatty acids

nonesterified fatty acids

esterified fatty acids

_____ is required, by law, to be on all food labels.

Papain is a protease isolated from:

The ingredient statement papaya

The product price pineapple

The marketing logo figs

A toll free contact number pumpkin

_____ is sweeter than sucrose.

Aspartame

Honey

Corn syrup

Molasses

Water activity, the degree of availability of water in food, is measured on a scale of:

0-1

0-10

0-14

0-100

During _____, the interaction of an amino acid and a reducing sugar results in non-enzymatic browning.

the Maillard reaction

glycolysis

gelatinization

carmelization

The _____ a fatty acid chain becomes, the more solid a fat will be at room temperature.

longer

shorter

more unsaturated

chain length has no affect

A microorganism that can grow at refrigeration temperatures is a:

psychrophile

thermophile

mesophiles

refrigophile

_____ is one of the top 8 foods that account for 90% of food-allergic reactions.

Peanut

Beef

Corn oil

Sugar

The presence of a cherry pit in a container of yogurt is an example of a:

physical hazard in food

biological hazard in food

chemical hazard in food

acceptable hazard in food

Calcium or sodium propionate is added to bread to inhibit:

the growth of mold

the growth of yeast

the growth of pathogens

the growth of viruses

The carbonation of soft drinks such as Pepsi or Coke results from a reaction between a form of carbonate and a(n):

acid

protein

base

sugar

When ground beef that is packaged in a Styrofoam tray and covered in plastic wrap is stored under refrigeration for several days, the color changes from bright cherry red color to brown or:

Metmyoglobin

Oxymyoglobin

Deoxymyoglobin

Nitrosometmyoglobin

Fats and oils are part of a family of compounds called:

lipids

carbohydrates

proteins

fiber

The government agency responsible for ensuring that meat and poultry are safe and wholesome is the:

USDA

FDA

HACCP

EPA

It is important for a food technologist to measure the relative number of hydrogen and hydroxide ions in a food system. This is also known as measuring the _____ of a food.

pH

brix

water activity

sodium concentration

_____ reacts with amino acids when milk is heated to contribute to the tan color and slightly caramelized flavor of cooked milk products.	Lactose	Casein	Whey	Milk fat	
An additive that can keep a compound, mixture, or solution from changing its form or chemical nature is called a:	stabilizer	antioxidant	preservative	buffer	
Flavor is sensed by taste buds which are located on parts of the tongue. The taste buds on the sides of the tongue respond to what flavors?	Sour	Salty	Bitter	Sweet	
The process that changes the shape of a protein molecule without breaking its covalent bonds is called:	denaturation	coagulation	agglutination	saturation	
A food technologist developing a formulation for a soft dough should use:	three parts flour to one part liquid	an equal ratio of liquid to flour	two parts flour to one part liquid	six parts flour to one part liquid	
_____ is the complete destruction of all microorganisms, except for some bacterial spores.	Commercial sterilization	Pasteurization	Irradiation	Sterilization	
A synthetic sweetener made of aspartic acid and phenylalanine that is found in many diet soft drinks is called:	Aspartame	Sorbitol	Saccharin	Cyclamates	
_____ is an alternative name for baking soda.	Sodium bicarbonate	Potassium bitartrate	Carbon dioxide	Calcium carbonate	
The use of biochemical techniques to alter the genetic makeup of a plant to enhance characteristics for food production is called:	biotechnology	biogenetics	biophysiology	biophysics	
The use of food additives in the US is regulated by the:	Food and Drug Administration	United States Department of Agriculture	Department of Health and Human Services	Animal and Plant Health Inspection Services	
Fruits and vegetables discolor when bruised or cut due to:	enzymatic browning	carmelization	sulfating	dehydration	
The part of a cauliflower used for food by consumers is (are) the:	flower buds	tuber	bulb	berries	
A food contains 8 grams of fat, 4 grams of carbohydrates, and 5 grams of protein. That would be equivalent to ___ calories.		108	88	93	112
A food technologist is formulating a low carbohydrate pasta. They need to select a grain that has the highest amount of protein and lowest amount of carbohydrates. Which grain should they use?	hard wheat	millet	rice	soft wheat	

Food that is dried at too high a temperature during dehydration can become _____ on the outside of the product.	Case Hardened	Blanched	Mushy	Lyophilized	
Sodium benzoate is used in soft drinks primarily to inhibit:	mold growth	color deterioration	rancidity	flavor breakdown	
A company is formulating a high quality ice cream and wants to use milk from a breed of cow that will provide the highest percentage of butterfat in its milk. Which breed of cow should be used?	Jersey	Holstein	Shorthorn	Brown Swiss	
Vitamin D is added to milk to prevent a condition called:	rickets	pellagra	scurvy	beriberi	
Energy lost when water molecules form ice crystals is called:	latent heat	specific heat	heat of fusion	heat of evaporation	
A compound that destroys bacteria on contact and has residual activity to continue to kill bacteria on a surface is called:	bactericide	bacteriostat	chemicide	chemistat	
The purpose for using a leavening agent such as baking soda or baking powder in cakes and cookies is to provide a source of:	carbon dioxide	sodium monoxide	carbon monoxide	sodium dioxide	
To test a food manufacturing process with batches larger than bench top size, but smaller than full scale industry size, processors will use:	pilot scale production	batch production	mass production	prototype production	
Once food production operations are finished, a sanitation crew will remove all visible dirt, grime, and grease. This step is also called:	cleaning	sanitizing	rinsing	disassembly	
Fruits and vegetables are primarily composed of:	water	carbohydrates	protein	fiber	
_____ is (are) required by law to be on all food labels.	The quantity	The product price	Preparation instructions	Suggested uses	
Butter is made by agitating cream to form a _____ emulsion.	water-in-oil	oil-in-water	gas-in-liquid	gas-in-solid	
Water activity is the degree of availability of water in food. The water activity of pure water is:		1	0.1	10	100
The sugar _____ is sweeter than sucrose.	fructose	lactose	glucose	maltose	
To control crystal size when making candy, an interfering agent such as _____ is added.	cream of tartar	water	sugar	salt	
Inorganic elements essential for human health and growth are called:	minerals	vitamins	proteins	fiber	
The technical name for freeze drying is:	lyophilization	sublimation	condensation	evaporation	

_____ is a globular protein that is found in milk.

Casein

Keratin

Elastin

Gluten

Aspartame, a common low-calorie sweetener used in beverages such as Diet Coke™ is _____.

a dipeptide consisting of aspartic acid and phenylalanine

a carbohydrate consisting of maltose

derived using a multi-step process that starts with table sugar

made from a process that involves the transformation of acetoacetic acid

Milk aseptically processed and marketed in a box that can be stored without refrigeration for three months or more if unopened is called _____ milk.

UHT

BST

UHP

AHT

A _____ is a substance that reduces, but not necessarily eliminates microbial contamination on inanimate surfaces to levels that are considered to be safe from a public health standpoint.

sanitizer

sterilant

disinfectant

biocide

If a food product undergoing slow freezing is improperly wrapped, the airflow past the food will increase water loss from the frozen product into the air. This could result in _____ on the product surface.

Freezer burn
acetic

small ice crystals
lactic

carmelization
citric

proteolysis
malic

The acid found in vinegar is _____ acid.

It takes approximately _____ pounds of milk to make 1 pound of butter.

22.8

2.3

7.6

12.1

The presence of an agricultural pesticide in a food product would be considered a _____ hazard in a HACCP plan.

chemical

biological

physical

synthetic

Which of the following products would NOT contain trans fat?

Oreo cookies made with canola oil

Banquet Fried Chicken fried in partially hydrogenated vegetable oil

Vegetable shortening

Chocolate chip cookies made with partially hydrogenated vegetable oil

A food chemist conducting research in a laboratory must know how to use all chemicals properly and keep an _____ for each chemical in the lab that describes the safe use of the chemical and steps to take in case of an accident.

To assess the effectiveness of a heat treatment when processing food, companies use a _____ which is a graph that plots microbes killed against time at a particular temperature

As the starch concentration increase in a mixture, the resulting paste becomes more _____.

Vitamins A, D, E, and K are _____.

When water boils, a phase change occurs so that liquid turns into a gas. This phase change is called _____.

Fermentation of glucose with yeast produces_____.

Cream produces foam or whipped cream because of its viscosity and it _____.

A Hershey's Milk Chocolate bar contains 13 g fat, 8 g saturated fat, 26 g total carbohydrates, 1 g dietary fiber, 24 g sugar, and 3 g protein. Based on this information, the chocolate bar would contain _____ calories.

Because triglycerides molecules are _____, they resist the hydrogen bonding that dissolves sugars in water.

In _____, the Nutrition Labeling and Education Act required food labels to carry basic nutrition information.

_____ is a heat resistant connective tissue found in meat.

Celery wilts when placed in a dry environment because water leaves the cells through a process called _____.

MSDS	SOP	OSHA	GFCI	
thermal death time curve	microbial growth curve	sterilization curve	microbial reduction curve	
viscous	crystalline	weepy	saturated	
fat soluble vitamins	water soluble vitamins	naturally found in orange juice	naturally found in sauerkraut	
vaporization	freezing	sublimation	condensation	
ethyl alcohol and carbon dioxide	ammonia, carbon dioxide, and water	carbon dioxide and water	carbon dioxide, sodium carbonate, and water	
has a low surface tension	has a high surface tension	has no surface tension	contains a lot of water	
	233	180	183	298
non-polar	polar	saturated	unsaturated	
	1990	1907	1927	1958
Elastin	Myosin	Actin	Myoglobin	
osmosis	drip	turgor	egress	

At the Country Farms Soup Company, a food scientist is evaluating the sensory properties of a new chicken soup and wants to evaluate the impact of savory, or _____, characteristics.

umami

sour

bitter

salty

The government regulates irradiation as _____.

an additive

a processing aid

a thermal food preservation method

a packaging process

An avocado will turn brown after it has been cut and bruised due to _____.

enzymatic browning

carmelization

blanching

application of antioxidants

To prevent or slow oxidative rancidity in a food product, a food processor could _____.

prevent light transmission through the use of opaque or non-light-transmitting packaging

increase the amount of moisture in the environment

add trace metals such as copper or iron

package the product in oxygen permeable packaging

Fresh fruits, vegetables, and meats are _____ percent water.

70-90

10-30

30-50

50-70

The color of ground beef color changes from bright cherry red to brown or _____ when packaged in an oxygen permeable package.

Metmyoglobin

Oxymyoglobin

nitric oxide myoglobin

nitrosylhemochromogen

_____ is a process of preserving food through a combination of partial drying and freezing.

Dehydrofreezing

Dehydration

Cryofreezing

Thermodehydration

A company that manufactures potato chips inspects the product for color, chip size, thickness, and other attributes to assess the degree of acceptability of the chips. In other words, the company is checking _____.

product quality

to determine if it is economical to produce the chips

if the marketing campaign is effective

product functionality

Gluten in flour contains fibrous and globular _____ and gives baked goods their structure and shape.

proteins

starches

fats

sugars

When cabbages are stored they undergo a process termed _____ that yields principally water and carbon dioxide.

respiration

perspiration

dehydration

oxidation

Sugar is considered _____.	a compound	a heterogeneous mixture	an element	a homogeneous mixture
MREs or meals ready-to-eat are processed in _____ and have an extended shelf life of up to 3 years.	retort pouches	metal cans	aseptic boxes	glass jars
To prevent butterfat from separating out as cream when milk stands during retail display and storage, milk is _____.	homogenized	pasteurized	emulsified	winterized
To make ready-to-reheat and eat pancakes that are sold frozen in retail stores, the manufacturing company must cook the pancakes before the freezing process. When pancake batter is poured into a pan that is made hot by energy released from a heating element, the pan transfers the heat by _____ to the batter.	conduction	radiation	convection	electromagnetic waves
_____ is important in baking yeast bread since it acts as a catalyst for the breakdown of a disaccharide into simple sugars, that in turn, break down to produce carbon dioxide which causes dough to rise.	maltase	lactase	catalase	lipase
An IQF process means that a food product has been _____.	individually quick-frozen	individually quick-fried	intentional quality fortified	irradiated quickly frozen
A pizza company printed a new package for frozen pizza and the consumer cooking instructions on the package states that the pizza should be reheated to a final temperature of 77°C. The cooking instructions should have listed the final cooking temperature in °F instead of °C. You have been asked to convert 77°C into °F. What should the final cooking temperature be in °F on the label?		171	135	350
				160
Amino acids are the building blocks of _____.	proteins	carbohydrates	fats	fiber
_____ produces a heat stable toxin so even prolonged heating doesn't destroy this toxin if present in food.	Staphylococcus aureus	Listeria monocytogenes	Clostridium botulinum	Salmonella enteritidis
_____ is the basic sugar molecule from which all other carbohydrates are built.	glucose	fructose	galactose	amylose
One of the functions of sodium nitrite in cured meat products is to _____.	provide flavor	improve product yield	minimize purge in vacuum packaged meats	inhibit mold growth

Hard wheat will yield a flour that has a higher _____ than that of flour from soft wheat.

Lard, or rendered _____, is popular in the baking industry for use in pastries, cakes, and frostings.

The word sanitation is derived from the Latin word sanitas, meaning "_____."

If a food scientist measures a quantity of salt several times with similar results for a formulation, this measurement would be considered _____.

protein-to-starch

fat-to-starch

moisture-to-starch

protein-to-fat

pork fat

beef fat

lamb fat

chicken fat

health

clean

hygienic

fresh

precise

accurate

inexact

inaccurate

Good Manufacturing Practices are used to:

evaluate the design of food processing plants

enforce strict laws related to safety regulations

cover the consumer aspect of food processing

brief food suppliers of their products safety

FSIS stands for:

Food Safety and Inspection Service

Food Safety and Inspection Administration

Fiber Safety Inspection Service

Food and Drug Administration

The HACCP process uses _____ to show the entire food processing operation.

In HACCP systems, critical points should be identified so that hazard can be _____.

flow charts and diagrams

personnel

food processing software

risk assessment

eliminated

produced

detoured

detected

A synthetic hormone to increase milk production is _____.

Bacteria cannot grow in all _____ environment because of lack of available moisture.

BST

BSA

BSE

none of these

sugar

milk

meat

vegetables

Which of the following is **NOT** a type of food processing?

Rehydration

Cold processing

Fermentation

Irradiation

Which of the following processes changes liquid oils into semisolids and makes the oil less susceptible to oxidation and rancidity?

hydrogenation

fermentation

rehydration

oxidization

The demand for which of the following food products would go up the least if per capita income increased significantly?	dairy products	alcoholic beverages	food purchased away from home	red meat and poultry
An addition of a nutrient to foods such as adding Vitamin D to milk is called _____.	fortification	irradiation	Fermentation	nitrification
If acidic foods (such as tomatoes) are added to milk, which of the following foods cannot be effectively frozen?	casein coagulates lettuce	fat coagulates broccoli	fat content increases cabbage	whey coagulates carrots
Which of the following is not an essential function of a food container?	refrigerator fit	tamper-resistant	light protection	sanitary protection
A discovery by a 19th century economist relating family income with food purchases as a proportion of total expenditures is often referred to as:	Engle's Law	Ingall's Law	Angel's Law	Einstein's Law
A major criticism of American diets and eating patterns is that our diet contains far too much	fat	carbohydrates	starch	protein
Only three processes have been identified to safely eliminate living micro-organisms. They are:	heat, selected chemicals, and irradiation	freezing, heat, and irradiation	dehydration, selected chemicals, and irradiation	heat, heavy salting, and irradiation
A list of ingredients must be included on a food label. The first ingredient listed is by its amount of:	total weight	percent protein	grams of carbohydrates	fat content
In most cases, which phrase means that the food product in question contains no nutritive carbohydrate sweetener, either added or naturally occurring, and is a low or reduced calorie food?	"sugar free"	"low in sugar"	"no sugar added"	"reduced sugar"
Three kinds of information must be found on a food label. One of those listed is incorrect. Which one of the following is incorrect?	sources of food ingredients	product identification	name and address of the manufacturer, packer or distributor	net contents or net weight
Antioxidants perform all of the following except:	Prevent protein degradation	Preserve color	Minimize rancidity	Preserve flavor

LD50 represents:	The concentration of a chemical at which half of the test animals die	A test for neurotoxins	Lethality when the dosage level is multiplied by 50	A measurement of species specificity
Which of the following is NOT a way to control food pathogens? Which of the following food component is primarily derived from red meat and poultry?	keep food at 40-140F (x) protein	wash hands frequently ash	cook foods thoroughly minerals	thaw meats in the refrigerator carbohydrates
Which of the following is not a primary function of protein?	provides good and readily available source of energy	growth and maintenance of cells	production of antibodies	tissue and nerve development
Using salt to control the unwanted growth of microorganisms in food:	has been used for many years and is only effective if foods are stable	preserves food by increasing available water (AW)	has been used for many years	is only effective if foods are stable
When a food scientist appraises a food using sight, smell, taste and possibly touch, this is often referred to as: Bacteria do not thrive below 40 degrees F or above _____ degrees F. All meat should be cooked to the following temperature to kill Salmonella species: The terms "chewy," "fibrous," "gritty," "mealy," and "sticky" are important in the _____ of foods. Which of the following food processing operations IS NOT for cooling food products? If Joe's daily intake is 2000 calories and he consumes a candy bar that contains 220 calories, what percent of Joe's calorie intake is in that candy bar?	sensory evaluation 150F 145F texture extrusion	extra sensory perception 110F 121F grading air blast	sensory perception 120F 165F flavor ice water bath	sensory orientation 130F 170F nutritional value vacuum oven
		11%	10%	15% none of these

Which of the following is NOT true about the Consumer Price Index (CPI)?	it is a comparison between raw food and fast food prices	calculated by the Bureau of Labor Statistics	it is a measure of price change over time	it is a measure of inflation in the U.S. economy
The amount of foods and food service that would be bought at a given price is called _____.	demand	commodity groups	supply	consumer price index
The main purpose of blanching vegetables would be: Common food poisoning can be avoided by taking simple preventative steps. Which of the following steps is the most important?	to inactivate plant enzymes	to heat the vegetables before canning	to increase moisture content	to activate enzyme nutrient retention capability
Two factors that accelerate rancidity in food products are:	cleanliness	temperature	storage	preparation
Prior to purchasing dairy foods at the grocery store, the _____ should be checked: It is estimated that the average consumer spends approximately what percent of his/her food dollar on food prepared outside of the home?	expiration date of the product	amount of fat in the product	name of processor and location	amount of protein in the product
	45%	27%	19%	32%
The _____ regulates genetically engineered microbes used in natural pesticides.	Environmental Protection Agency	United States Department of Agriculture	United States Department of Genetic Engineering	Food and Drug Administration
The Delaney Clause passed in 1958 states that	no carcinogens shall be added to the food supply	preservatives may not be added to food	no hormones may be added to food	pesticides must be regulated

What is a toxin?	A substance that can cause extreme illness or death	The maximum dose an animal can take without endangering its health	An allergic reaction to a drug	
What substance do potatoes contain which can cause severe reactions in people?	Solanine	Starch	Alkaloid	Mutagen
Why should you be concerned about excessive use of black pepper?	it can become a strong carcinogen	it can cause hallucinations	it can cause a change in genetic material	it contains LD50
_____ stands for a system that is used to assure food safety in food processing, packaging, storage, distribution, and preparation. The _____ registers or approves the use of pesticide tolerance levels for pesticide levels in food.	hazard analysis and critical control point	good manufacturing practices	high accuracy and contamination control point	best management practices
Poisons produced by certain species of molds are:	EPA	USDA	FDA pesticide residues	NMFS growth hormones
Tomatoes are stored and shipped at temperatures between:	mycotoxins	insecticides		
_____ determines the stringiness of celery and the softness of bananas:	50-65 degrees F	70-90 degrees F	15-20 degrees F	0-25 degrees F
A bacteria that can contaminate poultry products and cause foodborne illness in humans is _____.	texture	color	Environmental Protection Agency	product labels
When roasting meats and poultry, an oven temperature of at least _____ should be used.	Salmonella	Lactobacillus	Clostridium	Gram Positive
	325 degrees F	400 degrees F	212 degrees F	100 degrees F

Which of the following processes will NOT eliminate living microorganisms in food?	microwaving foods	high and long periods of heat	irradiation	application of selected chemicals mixed with foods	
Which of the following foods would be exempt from nutritional labeling?	coffee	milk	fruit bars	diet foods	
The food pyramid indicates that the _____ group is the where you should obtain the most servings each day.	bread	milk	fruit	vegetable	
Which of the following vitamins must be declared first on a nutritional label for a food product?	Vitamin A	Vitamin C	Vitamin D	Vitamin E	
Which of the following food component is primarily derived from fruits, vegetables, and grains?	carbohydrates	fat	protein	minerals	
No more than _____% of your day's food intake should be protein.		15	20	12	10
Which of the following is not a function of protein?	absorption of water and fiber	growth and maintenance of cells	production of antibodies	tissue and nerve development	
Anemia is a disease resulting from a low red blood cell count. The red blood cells are the cells that carry _____ throughout the body.	oxygen	fiber	vitamin B12	iron	
Fiber is not digestible, it passes through the intestine system and is removed in the stools. It absorbs water on its way through the digestive system and results in a softer stool, reducing the risk of: Yogurt is made with _____.	hemorrhoids bacteria	osteoporosis mold	pernicious anemia fungi	heart disease yeast	
A consumer concerned wanting information about the irradiation of foods should contact:	NRC	USDA	FDA	EPA	
_____ means that the product contains bacteria that can make more of the product.	active culture	active ingredients	active byproducts	live bacteria	

Cooking food properly:	all of the listed answers	destroys the organism that can form clostridium botulinum	destroys a large portion of microorganisms	destroys a large portion of natural enzymes
When freezing foods, it is important to note that the freezing point of various foods is:	below 0 degrees C	32 degrees C	0 degrees C	32 degrees F
When a food is labeled "Calorie Free," this means that the food has:	Less than 5 calories per serving	no calories	less than 10 calories per serving	At least 50% fewer calories per serving when compared with a similar food
_____ is a measure of the responsiveness of quantity of a commodity demanded to a change in the market price.	Elasticity of demand	Elasticity of supply	Inelasticity of supply	Recommended dietary values
The average American spends less money on food than most nations of the world. The average American spends what percent of total disposable income on food?		11%	5%	20%
Some food scientists are employed by federal, state and local government agencies responsible for the enforcement and administration of food laws. The food scientist engaged in this work is doing:	production/operations management work	product development work	quality assurance work	regulatory work

Conditions under which natural toxins will NOT cause problems in humans are:	An abnormal food constituent is eaten moderately	Abnormal sensitivity due to allergy or disease	Normal food constituent is eaten in abnormal amount	An abnormal food constituent is eaten in normal amounts
The first food product to use modern biotechnology (bioengineering) is:	cheese	milk	tomato	corn
Major program(s) used by food processors to assure foods aren't contaminated during processing is (are):	GMPs and HACCP	GMPs	HACCP	Neither
The HACCP system for preventing hazards in food processing and ensuring food safety has the following number of steps:	Seven	Five	Six	Eight
According to the National Agricultural Chemicals Association, crops without protection chemicals would have:	all of the listed answers	dramatic losses in food production	rapid increases in consumer prices	health risks due to poorer diets
Total counts of microorganisms in foods are:	all of the listed answers	An indication of the sanitary quality	Performed by the Standard Plate Count assay	A reflection of the handling history or decomposition of the food
A deaerator:	removes the air from peanut butter	cools the peanut butter down	seals the inner liner to the top of the jar	none of these
Proteins: The % Daily Value is based on a _____-calorie diet.	build and repair body tissue	regulate chemical reactions	help blood clot	all of the listed answers
	2000	2500	3000	3500
Which of the following may NOT be used as a claim on a food label?	low sugar	calorie free	low calorie	sugar free

Which of the following foods is NOT exempted from food labeling? The basal metabolism rate of a human being is NOT affected by _____.	unpopped popcorn diet	whole coffee beans size	dehydrated vegetables-condiment type sex	plain instant tea (unsweetened) age
Water functions in the body to _____.	serve as a medium for chemical reactions	dissolve oxygen	induce glycogen	expedite metabolism
A calorie is the amount of energy required to raise ____ of water one degree _____.	1 gram, Centigrade	1 ounce, Fahrenheit	1 kilo, Fahrenheit	1 ounce, Centigrade
In food, carbohydrates supply _____Kcal. Per gram.		4	5	6
In food, proteins supply _____Kcal. Per gram.		4	5	6
Which one of the following is a type of food preserved, in part, by bacteria?	yogurt	bread	wine	whole milk
Protein is required for:	production of antibodies	bacteria inhibition	proper bowel function	absorption of water
Which of the following work together to maintain chemical, fluid, and electrical balance between tissue cells and blood?	sodium and potassium	calcium and phosphorus	iron and vitamin C	calcium and vitamin D
Which of the following cannot be digested, absorbed, but looks, feels, and behaves like fat?	olestra	trailblazer	simplesse	aspartame
Which of the following is a macromineral needed by our bodies to maintain health?	magnesium	copper	tin	iron
To ensure that the foods you store maintain their safety and quality, make sure your refrigerator is at _____ degrees Fahrenheit.		40	35	45
A fatty acid does NOT contain which of the following elements?	nitrogen	carbon	oxygen	hydrogen
To increase shelf life, the air in a controlled atmosphere storage room containing apples should contain only _____% oxygen rather than the 21% found in normal air.		3	5	7
The _____ dose is the largest dose that the animal in an experiment can take without endangering its health.	maximum tolerated dose	acceptable daily intake	no-observed effect level	LD50

Application efficiency of pesticides can be improved by:	scouting fields	certified seed application	cultivating fields	using resistant fertilizer
A left-over hot dish needs to be reheated prior to serving again. The internal temperature of the food should reach _____ degrees F.		165	150 and held for two hours	160
In which of the following foods is solanine considered a toxin?	potato	tomato	coffee	tea
A food additive that retards rancidity of unsaturated oils and prevents browning in fruits and vegetables that occur during exposure to oxygen is called an:	antioxidant	anti-caking free-flowing agent	antimicrobial agent	antibuffer agent
Starch is a:	carbohydrate	protein	fat	mineral
If the legal maximum of nitrite (NO ₂) is 156 ppm, how much sodium nitrite can you legally add to 1 kg. of meat?	156 mg	31.2 oz	78 mg	15.6 ounces
A food additive that promotes or produces a desired physical state or texture is called a(n):	formulation aid	enzyme	firming agent	humectant
_____ is defined as individual cells of crop plants exhibiting desirable characteristics, which are selected and grown into mature plants.	Somaclonal variation	Recombinant DNA	Recombinant RNA	Pathoclonal variation
The most effective way to eliminated living microorganisms in spices is:	irradiation	freezing	heat	selected chemicals
A method of food preservation that does destroy microorganisms and enzymes is:	freezing	drying	microwaving foods	pressure canning
Only Lactic acid bacteria can ferment sugars and nutrients in pickles because they:	are tolerant of salt levels	use a natural occurring enzyme	produce lactic acid	use acetic acid
_____ grams of a day's food intake should be protein.		45	30	35
Soy sauce is made with the use of:	mold	bacteria	fungi	yeast
"Yellow jewel" is the name given by the Chinese to _____.	soybeans	a special type of horse	a very young emperor	garden peas
The great advance in world food production in the 1960s was called the _____.	Green Revolution	biological attractants	Great Leap Forward	Greening of America
The percentage of an average U.S. worker's pay that is used for food is _____.	9.9 percent	14 percent	50 percent	74 percent

Approximately what percentage of the U.S. food dollar is spent on meals away from home?	35 percent	15 percent	25 percent	45 percent	
Which of the following products is native to North America?	sunflowers	soybeans	wheat	peanuts	
In the United States, more than one-half of the fresh fruits and vegetables are grown in which states?	California, Florida, and Texas	Montana, Oregon, and Washington	Arizona, Nebraska, and Ohio	New Jersey, North Carolina, and Georgia	
When you spend one dollar for food, approximately how much goes into the labor required to harvest, and then process that food after it leaves the farm?		\$0.76	\$0.94	\$0.04	\$0.34
Approximately what percentage of all the jobs in the food and fiber system is related to wholesale and retail sales?	30 percent	50 percent	40 percent	20 percent	
Superstores are likely to carry how many items?	15,000	1,500	150	15	
Which of the following is NOT a carbohydrate?	meat	fiber	starch	sugar	
The number of minerals needed by the body is approximately _____.	20	2	12	200	
How much food from the meat and beans group is recommended for teenagers?	5 to 6 oz.	2 to 3 oz.	3 to 4 oz.	7 to 8 oz.	
The butterfat content of table cream is approximately _____.	38 to 40 percent	10 to 12 percent	18 to 20 percent	30 to 32 percent	
To which milk product is sugar added during processing?	condensed milk	evaporated milk	dried milk	skimmed milk	
Which mineral is added to most drinking water in the United States to assist in tooth development?	fluorine	chlorine	zinc	iron	
Iron is important in the diet for the development of _____.	blood	bones	vision	hair	
Traditional aging of meat takes approximately _____.		1 to 6 hours	1 to 6 days	1 to 6 weeks	

Obesity

weighing twenty percent or more above desirable weight for height; in an adult, obesity is defined as a body mass index of 30 or more

elements or minerals needed in very small amounts

the passage of nutrients from the gastrointestinal tract into either the blood or the tissue fluid surrounding the cells
poor nutrition over an extended period of time which can be caused by an inadequate diet for the body

Diabetes mellitus

lack of or inability to use the hormone insulin, which results in the build up of glucose in the bloodstream

type of simple sugar, the body's primary energy source and the only energy source for the brain and nervous system; the basic sugar molecule from which all other carbohydrates are built

sensory organs located on various parts of the tongue
a condition caused by a calcium deficiency which results in porous, brittle bones and a loss in bone density

Absorption	the passage of nutrients from the gastrointestinal tract into either the blood or the tissue fluid surrounding the cells	sensory organs located on various parts of the tongue	the study of nutrients and how they are used by the body	suggested levels of nutrient intake to meet the needs of most healthy people
Trace elements	elements or minerals needed in very small amounts	one of the building blocks of protein molecules	a mistaken belief	a desire to eat
Deficiency disease	a disease caused by the lack of a specific necessary element in the body; examples include pellagra, rickets, anemia, goiter, kwashiorkor, night blindness and osteoporosis	suggested levels of nutrient intake to meet the needs of most healthy people	the study of nutrients and how they are used by the body	a condition caused by a calcium deficiency which results in porous, brittle bones and a loss in bone density

Water soluble vitamin

a vitamin, specifically vitamin C or one of the B complex vitamins, that dissolves in water; are not stored in the body

chemical substances in food that help to maintain the body

vitamins that are absorbed and transported by fats; includes vitamins A, D, E and K

a condition caused by a calcium deficiency which results in porous, brittle bones and a loss in bone density

Glucose

type of simple sugar; the body's primary energy source and the only energy source for the brain and nervous system; the basic sugar molecule from which all other carbohydrates are built

lack of or inability to use the hormone insulin, which results in the build up of glucose in the bloodstream

nutrients that don't provide energy or build body tissue, but help regulate these and other body processes

the process by which the body breaks down food into useable nutrients

Vitamins	nutrients that don't provide energy or build body tissue, but help regulate these and other body processes	type of simple sugar; the body's primary energy source and the only energy source for the brain and nervous system; the basic sugar molecule from which all other carbohydrates are built	poor nutrition over an extended period of time which can be caused by an inadequate diet for the body	the study of nutrients and how they are used by the body
Taste buds	sensory organs located on various parts of the tongue	a desire to eat	elements or minerals needed in very small amounts	the study of nutrients and how they are used by the body
Fat soluble vitamin	vitamins that are absorbed and transported by fats; includes vitamins A, D, E and K	sensory organs located on various parts of the tongue	chemical substances in food that help to maintain the body	the study of nutrients and how they are used by the body

RDA	suggested levels of nutrient intake to meet the needs of most healthy people	the study of nutrients and how they are used by the body	elements or minerals needed in very small amounts	sensory organs located on various parts of the tongue
Digestion	the process by which the body breaks down food into useable nutrients	one of the building blocks of protein molecules	the study of nutrients and how they are used by the body	elements or minerals needed in very small amounts
Amino acid	one of the building blocks of protein molecules	a mistaken belief	elements or minerals needed in very small amounts	a desire to eat
Saliva	a mucus and enzyme-containing liquid secreted by the mouth that begins to break down starches and makes food easier to swallow	sensory organs located on various parts of the tongue	chemical substances in food that help to maintain the body	suggested levels of nutrient intake to meet the needs of most healthy people
Nutrition	the study of nutrients and how they are used by the body	elements or minerals needed in very small amounts	chemical substances in food that help to maintain the body	sensory organs located on various parts of the tongue

Osteoporosis	a condition caused by a calcium deficiency which results in porous, brittle bones and a loss of bone density	one of the building blocks of protein molecules	a disease caused by the lack of a specific necessary element in the body; examples include pellagra, rickets, anemia, goiter, kwashiorkor, night blindness and osteoporosis	lack of or inability to use the hormone insulin, which results in the build up of glucose in the bloodstream
Nutrient	chemical substances in food that help to maintain the body	sensory organs located on various parts of the tongue	the study of nutrients and how they are used by the body	elements or minerals needed in very small amounts

Calorie	<p>a measurement of the amount of energy produced when food is burned by the body; in science, it is the amount of energy needed to raise the temperature of 1.0 g of water 1.0 degrees Celsius</p>	<p>the process by which the body breaks down food into useable nutrients</p>	<p>the passage of nutrients from the gastrointestinal tract into either the blood or the tissue fluid surrounding the cells</p>	<p>the study of nutrients and how they are used by the body</p>
Metabolism	<p>the process by which living cells use nutrients in many chemical reactions that provide energy for vital processes and activities</p>	<p>suggested levels of nutrient intake to meet the needs of most healthy people</p>	<p>the study of nutrients and how they are used by the body</p>	
Fallacy	<p>a mistaken belief</p>	<p>a desire to eat</p>	<p>one of the building blocks of protein molecules</p>	<p>elements or minerals needed in very small amounts</p>

Malnutrition	poor nutrition over an extended period of time which can be caused by inadequate diet or the body	the study of nutrients and how they are used by the body	lack of or inability to use the hormone insulin, which results in the build up of glucose in the bloodstream	nutrients that don't provide energy or build body tissue, but help regulate these and other body processes
Appetite	a desire to eat	a mistaken belief	elements or minerals needed in very small amounts	one of the building block of protein molecules
Refrigeration	involves storing food at an approximate temperature of 4 C	eliminates water through the process of evaporation	involves storing food at a temperature colder than 0 C	requires the use of vinegar and other acids
Radiation	kills micro-organisms	keeps air out	eliminates water through the process of evaporation	requires the use of vinegar and other acids

Freezing	involves storing food at a temperature colder than 0 C	requires the use of vinegar and other acids	involves storing food at an approximate temperature of 4 C	eliminates water through the process of evaporation
Salting	involves the use of salt to draw the moisture from the cells of the food	involves storing food at a temperature colder than 0 C	requires the use of vinegar and other acids	involves storing food at an approximate temperature of 4 C
Drying	eliminates water through the process of evaporation	requires the use of vinegar and other acids	keeps air out	kills micro-organisms
Smoking	meat would be cut in strips and hung in the smoke from a wood fire to add flavor	eliminates water through the process of evaporation	involves the use of salt to draw the moisture from the cells of the food	involves storing food at an approximate temperature of 4 C
Canning	keeps air out	eliminates water through the process of evaporation	kills micro-organisms	requires the use of vinegar and other acids

Pickling	requires the use of vinegar and other acids	kills micro-organisms	eliminates water through the process of evaporation	keeps air out
Amino group	two atoms of hydrogen and one atom of nitrogen and is written - NH ₂	nine amino acids that cannot make itself	to change a liquid into a soft semisolid or solid mass	a protein lacking one or more essential amino acids
Chalaza	the twisted, rope like structure in an egg that keeps the egg yolk center	a protein that contains all the essential amino acids	nine amino acids that cannot make itself	to change a liquid into a soft semisolid or solid mass
Complete protein	a protein that contains all the essential amino acids	a protein lacking one or more essential amino acids	large molecules containing many atoms	nine amino acids that cannot make itself
Foam	air bubbles incorporated and trapped in the protein film by whipping as in meringue	a protein that contains all the essential amino acids	very large proteins that weaken or destroy foreign substances in the body	a protein lacking one or more essential amino acids

High-quality protein	a protein that contains all the essential amino acids	large molecules containing many atoms	a protein lacking one or more essential amino acids	type of organic acid
Amino acids	type of organic acid	egg white	nine amino acids that cannot make itself	large molecules containing many atoms
Albumen	egg white	type of organic acid	large molecules containing many atoms	nine amino acids that cannot make itself
Peptide bonds	bonds between the nitrogen of one amino acid and the carbon of a second amino acid	nine amino acids that cannot make itself	a protein lacking one or more essential amino acids	a protein that contains all the essential amino acids
Denaturation	a process that changes the shape of a protein molecule without breaking its peptide bonds	very large proteins that weaken or destroy foreign substances in the body	a protein lacking one or more essential amino acids	a protein that contains all the essential amino acids

Gluten	an elastic substance formed by mixing water with the proteins found in wheat; produced when dough is kneaded	two atoms of hydrogen and one atom of nitrogen and is written - NH ₂	a single protein molecule containing ten or more amino acids linked in peptide chains	air bubbles incorporated and trapped in the protein film by whipping as in meringue
Coagulation	to change a liquid into a soft semisolid or solid mass	nine amino acids that cannot make itself	large molecules containing many atoms	a protein lacking one or more essential amino acids
Polypeptide	a single protein molecule containing ten or more amino acids linked in peptide chains	large molecules containing many atoms	a protein that contains all the essential amino acids	a protein lacking one or more essential amino acids
Antibodies	very large proteins that weaken or destroy foreign substances in the body	nine amino acids that cannot make itself	a protein lacking one or more essential amino acids	a protein that contains all the essential amino acids
Essential amino acids	nine amino acids that cannot make itself	large molecules containing many atoms	egg white	type of organic acid

Incomplete protein	a protein lacking one or more essential amino acids	large molecules containing many atoms	a protein that contains all the essential amino acids	type of organic acid
Macromolecules	large molecules containing many atoms	egg white	type of organic acid	nine amino acids that cannot make itself
Standing time	the time during which foods finish cooking by internal heat after being removed from the cooking appliance	an oven that uses a fan to circulate hot air over food	a cooking device which uses invisible waves of energy that cause water molecules to rub against each other and produce heat which cooks the food	method of cooking in which foods are baked or roasted in a stream of heated air

Combination oven	an oven that can do two types of cooking, such as conventional and convection	method of cooking in which foods are baked or roasted in a stream of heated air	section in a kitchen that has been designed around a specific activity	an oven that uses a fan to circulate hot air over food
Hot spots	areas of food that during cooking reach a higher temperature than surrounding areas due to receiving a greater concentration of energy	an oven that uses a fan to circulate hot air over food	method of cooking in which foods are baked or roasted in a stream of heated air	section in a kitchen that has been designed around a specific activity
Convection oven	an oven that uses a fan to circulate hot air over food	method of cooking in which foods are baked or roasted in a stream of heated air	an oven that can do two types of cooking, such as conventional and convection	section in a kitchen that has been designed around a specific activity
Energy guide	a yellow tag that is displayed on all newly purchased major appliances which shows an estimated, yearly energy usage for the product	an oven that can do two types of cooking, such as conventional and convection	section in a kitchen that has been designed around a specific activity	an oven that uses a fan to circulate hot air over food

Wave patterns	the repeated cycle in which energy in a microwave oven is emitted by the magnetron tube	section in a kitchen that has been designed around a specific activity	method of cooking in which foods are baked or roasted in a stream of heated air	an oven that uses a fan to circulate hot air over food
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Convection cooking	method of cooking in which foods are baked or roasted in a stream of heated air	an oven that uses a fan to circulate hot air over food	the repeated cycle in which energy in a microwave oven is emitted by the magnetron tube	section in a kitchen that has been designed around a specific activity
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Work center	section in a kitchen that has been designed around a specific activity	repair and maintenance insurance purchased to cover a product for a specific length of time	method of cooking in which foods are baked or roasted in a stream of heated air	an oven that uses a fan to circulate hot air over food
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Warranty	a written promise by a manufacturer that a product will meet specified standards of performance	section in a kitchen that has been designed around a specific activity	an oven that uses a fan to circulate hot air over food	repair and maintenance insurance purchased to cover a product for a specific length of time
Service contract	repair and maintenance insurance purchased to cover a product for a specific length of time	method of cooking in which foods are baked or roasted in a stream of heated air	section in a kitchen that has been designed around a specific activity	an oven that uses a fan to circulate hot air over food
Work triangle	imaginary triangle formed by the refrigerator, stove and sink; are the focal points of the major work centers in a kitchen	an oven that uses a fan to circulate hot air over food	an oven that can do two types of cooking, such as conventional and convection	repair and maintenance insurance purchased to cover a product for a specific length of time

Microwave oven	a cooking device which uses invisible waves of energy that cause water molecules to rub against each other and produce heat which cooks the food	an oven that uses a fan to circulate hot air over food	the time during which foods finish cooking by internal heat after being removed from the cooking appliance	method of cooking in which foods are baked or roasted in a stream of heated air
Molds	multi- or unicellular eukaryotes	water soluble for entire food	insoluble for food surfaces	microbial reduction
Protein hydrolysates	perform as both flavorings and enhancers	insoluble for food surfaces	derived from soybeans	are unicellular eukaryotes
Intoxication	a toxin is formed by the microorganism prior to ingestion	perform as both flavorings and enhancers	refers to the alpha helix or beta sheet configuration	as many cells are dying as are being created
Water activity	is a measure of the availability of water molecules	carries cholesterol from liver to body cells	the linear sequence of amino acids	papain is an example of this

Essential fatty	acids are required in the diet for absorption of fat-soluble vitamins and because they aren't synthesized by the body	are required for proper brain function and to produce key hormones	a rearrangement or recombination of fatty acids from a triglyceride	acids are ones that the body can't synthesize
Sterols	are required for proper brain function and to produce key hormones	are water soluble compounds ranging from purple to orange	a pigment used to impart color to a food or beverage	are chemical compounds that slow the growth of microbes
Cell division	most reproduction is by	microbial reduction	weak CNS stimulant	rapid growth
Extrinsic	refer to environmental characteristics that surround the food product	no or slow growth, getting used to the environment	from nonenzymatic thermal processing of sugars	refers to the alpha helix or beta sheet configuration
Bioavailability	refers to the degree to which nutrients are digested and absorbed	two-phase systems in which one phase is dispersed in the other	refers to the alpha helix or beta sheet configuration	are a source of carbohydrates and dietary fiber

Very low-density lipoproteins	carry cholesterol and TGs from liver to body	water soluble for entire food	citric acid, benzoic acid are examples of this	carry cholesterol back to the liver
Hydrogenation	the forced addition of hydrogen atoms to the unsaturated bonds of fatty acids to raise the melting point of the fat (harden)	a rearrangement or recombination of fatty acids from a triglyceride	the live microorganism must be ingested to cause disease	the science of identifying the causes of disease outbreaks
Threshold level	the dose above which adverse effects are produced	perform as both flavorings and enhancers	the linear sequence of amino acids	any substance added to food
Stationary	as many cells are dying as are being created	waste products are toxic, food is gone	multi- or unicellular eukaryotes	the primary pigment in meat
Character-impact compounds	associated with particular products: Benzaldehyde - cherry or almond; Isoamyl acetate - banana	acids, protein break down products - containing nitrogen	inhibitors that are added directly to foods	the breakdown of triglycerides into glycerol and fatty acids

Water holding capacity	the ability to retain moisture during the application of external forces like heating, grinding and pressing	the science of identifying the causes of disease outbreaks	overall spatial structure if the protein has more than one polypeptide	a rearrangement or recombination of fatty acids from a triglyceride
Roasting	proteins and protein break down products react with sugars	perform as both flavorings and enhancers	acids, protein break down products - containing nitrogen	from nonenzymatic thermal processing of sugars
Primary	the linear sequence of amino acids	papain is an example of this	water soluble for entire food	most reproduction is by
Fermentation	acids, protein break down products - containing nitrogen	acids are ones that the body can't synthesize	most reproduction is by	waste products are toxic, food is gone
Preservatives	citric acid, benzoic acid are examples of this	solanine, amygdaline are examples of this	carry cholesterol and TGs from liver to body	papain is an example of this

Infection	the live microorganism must be ingested to cause disease	the dose above which adverse effects are produced	the linear sequence of amino acids	no or slow growth, getting use to the environment
Carotenoids	fat soluble ranging from yellow to red-orange	any substance added to food	derived from soybeans	are water soluble compounds ranging from purple to orange
Transport	is the delivery of nutrients and oxygen to all of the body's cells by the vascular (aka circulatory) system	acids are ones that the body can't synthesize	proteins and protein break down products react with sugars	the breakdown of triglycerides into glycerol and fatty acids
Lipids	defined as chemical compounds that are soluble in organic solvents but not soluble in water	are chemicals produced by bacteria that inhibit others	are chemical compounds that slow the growth of microbes	acids are ones that the body can't synthesize

Quaternary	overall spatial structure if the protein has more than one polypeptide	as many cells are dying as are being created	no or slow growth, getting use to the environment	an animal starch stored in muscles as a source of energy
Oxidation	result of oxygen reacting with the double bonds of unsaturated fatty acids to produce a rancid flavor or aroma	are required for proper brain function and to produce key hormones	provides 7 kcal/gram and is the fourth source of calories in alcohol	the forced addition of hydrogen atoms to the unsaturated bonds of fatty acids to raise the melting point of the fat (harden)
Enzymes	are largely responsible for the digestion and breakdown of food molecules into absorbable units and are protein molecules that cause chemical reactions to occur without being altered in the process	is a measure of the availability of water molecules	refers to the degree to which nutrients are digested and absorbed	crystallization of starch molecules in stale bread
Grains	are a source of carbohydrates and dietary fiber	have a porphyrin ring with Mg and green color	carry cholesterol back to the liver	perform as both flavorings and enhancers

Polymerization	fatty acids can occur after fatty acids are hydrolyzed from glycerol	contaminant but are often anticipated at a minimal level	are a source of carbohydrates and dietary fiber	a rearrangement or recombination of fatty acids from a triglyceride
Aerobes	require oxygen	microbial reduction	weak CNS stimulant	derived from soybeans
Protozoa	are single-celled eukaryotes; classified by their morphology, locomotion and life cycle; they do not grow in foods, but are parasites that require a host to complete their life cycle	are unicellular eukaryotes	are required for proper brain function and to produce key hormones	the science of identifying the causes of disease outbreaks
Glycogen	an animal starch stored in muscles as a source of energy	as many cells are dying as are being created	the linear sequence of amino acids	a pigment used to impart color to a food or beverage
Hydrolyzed vegetable protein	derived from soybeans	rapid growth	purple to red-yellow	microbial reduction
Dietary fiber	does not provide energy but does avert or decrease some problems	no or slow growth, getting used to the environment	the dose above which adverse effects are produced	these work by slowing, stopping or killing microbes

Colorant	a pigment used to impart color to a food or beverage	any substance added to food	an animal starch stored in muscles as a source of energy	insoluble for food surfaces
Pigments	chlorophylls, carotenoids, anthocyanins, betalains are examples of these	citric acid, benzoic acid are examples of this	solanine, amygdaline are examples of this	the dose above which adverse effects are produced
Nutrient requirements	vary with the type of organism, but most foods provide high nutrient availability for microorganisms	acids, protein break down products - containing nitrogen	are a source of carbohydrates and dietary fiber	carry cholesterol and TGs from liver to body
Proteins:	are important macronutrients and provide essential amino acids; proteins provide structure in foods	are parasitic and are generally host-specific	the most common preservatives and work by decreasing water activity	a rearrangement or recombination of fatty acids from a triglyceride
Myoglobin	the primary pigment in meat	are unicellular eukaryotes	derived from soybeans	weak CNS stimulant

Salt and sugar	the most common preservatives that work by decreasing water activity	the breakdown of triglycerides into glycerol and fatty acids	does not provide energy but does avert or decrease some problems	as many cells are dying as are being created
Product development	flavor, texture, shelf-life (preservatives), fortification	a toxin is formed by the microorganism prior to ingestion	the linear sequence of amino acids	refers to the alpha helix or beta sheet configuration
Emulsions	two-phase systems in which one phase is dispersed in the other	as many cells are dying as are being created	carry cholesterol back to the liver	the dose above which adverse effects are produced
What is a food additive?	any substance added to food	insoluble for food surfaces	microbial reduction	water soluble for entire food
What is food chemistry?	the systematic evaluation and understanding of water, carbohydrates, lipids, proteins, vitamins, minerals, and other ingredients, such as additives, as they undergo chemical interaction/reaction during the harvest, storage and	the dose above which adverse effects are produced	are chemical compounds that slow the growth of microbes	the live microorganism must be ingested to cause disease

what are preservations?	these work by slowing, stopping or killing microbes	have a porphyrin ring with Mg and green color	the linear sequence of amino acids	as many cells are dying as are being created
What are inhibitors?	are chemical compounds that slow the growth of microbes	made by heating amino acids with reducing sugars	are unicellular eukaryotes	are a source of carbohydrates and dietary fiber
What are dyes?	water soluble for entire food	the primary pigment in meat	any substance added to food	insoluble for food surfaces
What is unsaturated?	this fat has two configurations defined by their structure at the double bonds	does not provide energy but does avert or decrease some problems	crystallization of starch molecules in stale bread	the breakdown of triglycerides into glycerol and fatty acids
What is vegetable oil?	oil bearing portion of the seed is cleaned, ground and tempered. Pressing or solvent extraction. Refined. Bleached. Deodorized.	storage form of energy in plants; two main components are amylose and amylopectin.	butter and shortening have a higher melting point	use moisture-proof packaging and avoid temperature fluctuations.

what is pectin?

polymers of D-galacturonic acid linked alpha1-4 that have various amounts of methylation on carbon #6 (high Methoxy pectin)

two amino acids linked via a peptide bond

meat tenderization - pineapple helps to break down meat

use moisture-proof packaging and avoid temperature fluctuations.

Disadvantage(s) of low temperature preservation

cost; shorter shelf life

low Methoxy pectin

flat plane

lower melting point

Functions of fat in foods
Common pro-oxidants of fat in food

most vegetables are blanched prior to frozen storage: improves color, flavor and texture (largely due to enzyme inactivation), reduces microbial load, provides better packaging by wilting leafy vegetables, cleans the product, preserves nutrients, removes objectionable odors and flavors flat plane

crystal modification, medium for heat transfer, tenderness in baked products, flavor and tenderness in protein foods, body and mouthfeel metals, light, heat

fraction of starch (glycogen- a colloidal dispersion; water dispersed in a solid spiral

branched starch=fast energy) cheese

How can freezer burn be controlled?

use moisture-proof packaging and avoid temperature fluctuations

the proteases hydrolyze peptide bonds

enzymes have temperature and pH optimums

two amino acids linked via a peptide bond

How do small fat crystals affect creaming properties?

better emulsification, better dispersion, more air pockets

starch that is precooked and dried

meat tenderization - pineapple helps to break down meat

a colloidal dispersion; water dispersed in a solid

Food science is
The characteristic flavor of sourdough bread is from the microorganism called

the study of producing, processing, preparing, evaluating and using food.

Lactobacillus

using the tools of modern genetics to improve plants, animals and microorganisms for food production.

Aspergillus

the study of how food is digested and absorbed in the gastrointestinal tract and used in intermediary metabolism.

Rhizopus

the study of mapping and sequencing all the genes of an organism.
Corynebacterium

When animals are harvested at a meat processing facility, mandatory antemortem and postmortem inspection is conducted by the _____ is a method of heat transfer where heat is transferred by circulatory movement in a liquid or gas.

United States Department of Agriculture.

convection

Centers for Disease Control and Prevention.

conduction

United States Food and Drug Administration.

induction

United State Environmental Protection Agency.

radiation

The term "Daily Value" that is found on a nutrition facts label means

you can determine how the nutrients in a food serving fit with what you can or should have for the day.

the number of servings in a container.

the amount of food in a serving.

you can determine if the product contains none or an insignificant amount of a nutrient.

Gram
Negative

soft drinks

1 to 6
months

air
bubbles
incorporat
ed and
trapped in
the protein
film by
whipping
as in
meringue