

Quiz 12 / Answers

These **quizzes** as well as **interactive quizzes** are built-in to the **MAP System**

Danger Zone

1.) Which of the following could be considered “danger zones” due to their adverse effect on foods?

- Exposure to heat
- Smoke
- Soil depletion
- Sugar
- Some contraceptives
- Second-hand smoke

2.) Vitamin A is easily destroyed by heat and light:

- True
- False

3.) In most instances, higher quality foods are sold:

- Fresh
- Frozen
- Dehydrated

4.) BHA (Butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are artificial _____ used to keep fats from becoming rancid.

- **Antioxidants**
- Amino acids
- Muscle proteins
- Sugars

5.) Flavorings, Stabilizers, Colorings, Sweeteners, Aroma Enhancers are all classified as:

- **Food additives**
- Junk food
- Food sugars
- Organic foods

6.) The skin of fruits and vegetables typically contain at least _____ of the nutritional content,

- 0%
- **10%**
- 50%
- 100%

7.) Sugar requires B vitamins to enable the body to metabolize it into glucose:

- **True**
- False

8.) High sugar intake can reduce the effectiveness of the body's healing mechanisms.

- **True**

- False

9.) The estrogen content in some oral contraceptives can result in lower than normal blood serum levels of:

- Vitamin B6 and Vitamin C
- H₂O
- Fat molecules
- Vitamin B14 and Vitamin W

10.) Regular use of caffeine will typically result in:

- Increased respiration rate
- Increased urine output
- Increase of fatty acids into the blood stream
- All of the above