

Chapter 12 The Danger Zone

Based on information found in Chapter 12 of the Reference Manual

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 contraceptive
- 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

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- 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