

Chapter 01: Food Selection

1. What sense receives the first impressions of food?

- a. Smell
- b. Sight
- c. Hearing
- d. Taste

ANSWER:

b

2. What sense is the most influential factor in a person's selection of food?

- a. Sight
- b. Taste
- c. Hearing
- d. Odor

ANSWER:

b

3. How many olfactory receptors do researchers believe people have?

- a. Around 100,000
- b. Fewer than 1 million
- c. As many as 1 billion
- d. Up to 1 trillion

ANSWER:

d

4. How does your ability to distinguish between various odors change over time?

- a. Diminishes over the time of exposure to the smells
- b. Increases over the time of exposure to the smells
- c. Stays the same over the time of exposure to the smells
- d. Increases or diminishes depending on the specific smell

ANSWER:

a

5. What odor groups are used in one of the major classification systems?

- a. Fragrant, acidic, burnt, spicy, umami, and sour
- b. Acidic, burnt, oleogustus, flowery, spicy, and foul
- c. Spicy, flowery, fruity, resinous, burnt, and foul
- d. Sweet, sour, burnt, salty, umami, and oleogustus

ANSWER:

c

6. What sense provides impressions of volatile flavor substances?

- a. Sight
- b. Smell
- c. Taste
- d. Sound

ANSWER:

b

7. What basic type of taste is umami?

Chapter 01: Food Selection

- a. Burnt
- b. Acidic
- c. Savory
- d. Smoky

ANSWER:

c

8. What amino acid is attributed to the *umami* taste?

- a. Lysine
- b. Threonine
- c. Tryptophan
- d. Glutamate

ANSWER:

d

9. Where does the sour taste found in some foods come from?

- a. Chemical configuration of food molecules
- b. Concentration of hydrogen ions
- c. Alkaloid compounds found in food
- d. Ionized salts found in food

ANSWER:

b

10. What is the relationship between subthreshold salt levels and the perception of sweetness?

- a. Subthreshold salt levels increase perceived sweetness.
- b. Subthreshold salt levels decrease perceived sweetness.
- c. Subthreshold salt concentrations make acidic foods taste sweeter.
- d. Subthreshold salt concentrations need acid to make food taste sweeter.

ANSWER:

a

11. What does a food's brittleness, chewiness, viscosity, and thickness describe?

- a. Odor
- b. Flavor
- c. Chemesthesis
- d. Consistency

ANSWER:

d

12. What percentage of the impression of flavor is provided by odor?

- a. 0 to 25%
- b. 25% to 50%
- c. 50% to 5%
- d. 75% to 95%

ANSWER:

d

13. Which food could an individual eat to experience the feeling of chemesthesis?

- a. Cold ice cream

Chapter 01: Food Selection

- b. Hot chili peppers
- c. Warm chicken noodle soup
- d. Hot chocolate with whipped cream

ANSWER:

b

14. What is a common guideline for a healthy diet?

- a. Meet food group needs using fortified foods
- b. Avoid all sources of saturated fats
- c. Starving to stay within caloric limits
- d. Limit foods higher in added sugars

ANSWER:

d

15. What does MyPlate illustrate?

- a. An eating plan using the four food groups
- b. A nutritionally perfect meal
- c. A healthy eating pattern from the *Dietary Guidelines*
- d. A diet-planning tool that groups foods together

ANSWER:

c

16. Which of the following is a benefit of a vegetarian diet?

- a. Higher intakes of fat, saturated fat, cholesterol, and animal protein
- b. Higher levels of phytochemicals, fiber, complex carbohydrates, and antioxidants
- c. Lower intakes of antibiotics, pesticides, and animal hormones
- d. Lower levels of antioxidants such as vitamins C and E, carotenoids, and fiber

ANSWER:

b

17. How does culture influence food habits?

- a. Dictates what is or is not acceptable to eat
- b. Through the place that a person is born
- c. Guides how nutrients in foods are valued
- d. Instructs how people prepare the food they eat

ANSWER:

a

18. How do religious practices influence dietary intake?

- a. Define what is and is not acceptable to eat by followers
- b. Declare which foods are acceptable and unacceptable
- c. Require specialized preparation procedures before consumption
- d. Require all food to be blessed and well cooked

ANSWER:

b

19. What religion recommends a vegetarian diet and discourages consumption of between-meal snacks, hot spices, alcohol, tea, and coffee?

- a. Hinduism

Chapter 01: Food Selection

- b. Seventh-Day Adventist Church
- c. Church of Jesus Christ of Latter-Day Saints
- d. Orthodox Judaism

ANSWER: b

20. What religion is associated with halal dietary food laws?

- a. Church of Jesus Christ of Latter-Day Saints
- b. Islam
- c. Buddhism
- d. Judaism

ANSWER: b

21. What do studies report as the most influential source of nutrition information for older consumers?

- a. Radio
- b. Family members
- c. Physicians
- d. Television

ANSWER: b

22. What field of study relies on nutritional biochemistry to explain why differences in genes cause variations in absorption, circulation, or metabolism of essential nutrients?

- a. Genetics
- b. Biotechnology
- c. Nutrigenomics
- d. Functional medicine

ANSWER: c

23. Cloned animals are genetically modified organisms (GMOs).

- a. True
- b. False

ANSWER: False

24. Volatile molecules are capable of evaporating like a gas into the air.

- a. True
- b. False

ANSWER: True

25. Calories are a component of food.

- a. True
- b. False

ANSWER: False

26. Geography is a main determinant of what foods people eat in the United States.

- a. True

Chapter 01: Food Selection

b. False

ANSWER:

False

27. As the temperature of foods or beverages falls below 68°F or rises above 86°F, it becomes easier to distinguish their tastes accurately.

a. True

b. False

ANSWER:

False

28. Some strict Hindus eat garlic, onions, mushrooms, or tomatoes.

a. True

b. False

ANSWER:

False

29. Taste is the same thing as flavor.

a. True

b. False

ANSWER:

False

30. All men require 1,600 calories per day to maintain a healthy goal weight.

a. True

b. False

ANSWER:

False

31. The U.S. Department of Agriculture (USDA) requires all organic food producers to label products with an organic seal.

a. True

b. False

ANSWER:

False

32. Food insecurity is the lack of consistent access to enough food for the children in a household.

a. True

b. False

ANSWER:

False

33. Your neighbor is a single mother with two children who works a full-time job (often with overtime) and also goes to nursing school part time. The family has little money and sometimes struggles to pay for necessities. Nonetheless, she brings foods like hamburgers and tacos home for dinner almost every day. How could this eating habit be an economical choice for this family?

ANSWER: Economic choices include both time and financial costs. "Can I afford this?" is a question that also applies to time, which can make convenience foods effectively more economical, even if the dollar price is higher. A mother with limited time may prioritize her time and ability to get good grades (and the potential for a higher paying job) over the higher costs of eating out.

34. Name three concerns that some consumers have about GMO foods.

Chapter 01: Food Selection

ANSWER: Possible answers include: allergies, gene contamination, pesticide residues, religious/cultural concerns.

35. Name three foods that are classified as a processed culinary ingredient in the NOVA Food Classification system.

ANSWER: Many answers are correct, common answers include butter, sugar, lard, maple syrup, vegetable oil.

36. What three major issues do kosher dietary laws focus on?

ANSWER: 1. Kosher animals allowed. 2. Blood not allowed. 3. Mixing of milk and meat not allowed.

37. Name four foods that used to be considered ethnic foods and are now commonplace and why this has happened.

ANSWER: Many answers are correct, common food examples will include pizza, tacos, pastas, gyros. These foods have become commonplace because of the increasingly diverse population in the United States and increase in travel.

38. What percentage of the U.S. population are ethnic minorities?

- a. 6%
- b. 14%
- c. 41%
- d. 60%

ANSWER:

c

39. How does protective packaging help retain a food's flavor?

- a. Allows migration of flavors from packaging
- b. Reduces vaporization of volatile compounds
- c. Creates a porous barrier that allows gas exchange
- d. Maintains a food's firmness

ANSWER:

b

40. Imagine the scent of a simmering tomato sauce on the kitchen stove at home. The smell of fresh garlic, onions, tomatoes, olive oil, and red wine greets you as you enter. How does this smell get carried to you?

- a. Olfactory receptors
- b. Volatile molecules
- c. Gustatory molecules
- d. Retronasal receptors

ANSWER:

b

41. What is an example of chemesthesis?

- a. A cucumber placed on the tongue
- b. Eating ice cream straight from the freezer
- c. A dash of salt making watermelon sweeter
- d. The puckering mouth feeling of tart lemonade

ANSWER:

a

42. What physical sensation do you notice when biting into a cold, raw carrot?

Chapter 01: Food Selection

- a. Flavor
- b. Mouthfeel
- c. Umami
- d. Astringency

ANSWER:

b

43. An otherwise healthy adult is gaining weight without changes to their exercise program. What does this observation indicate?

- a. They are eating as many calories as their body is using.
- b. They are eating more than 1600 kcalories a day.
- c. They are storing extra kcalories as fat.
- d. They are storing 3500 kcalories a day.

ANSWER:

c

44. Which of the following foods is most likely to contain a genetically modified ingredient?

- a. Pasta with broccoli and olives
- b. A tuna sandwich with pickles and mayonnaise
- c. Oatmeal with walnuts and raisins
- d. Fajitas with zucchini and tomatoes

ANSWER:

d

45. If you were cooking a meal for a Jewish friend who follows kosher dietary laws, which meal could you serve?

- a. Four-cheese ravioli with beef marinara
- b. Salmon with wild rice
- c. Crab cakes with tartar sauce
- d. Ham with green peas

ANSWER:

b

46. Suppose that you are responsible for menu creation in a correctional facility that serves three meals per day (breakfast, lunch, and dinner). Which of the following accommodations would you have to make for Muslim inmates who are observing Ramadan?

- a. No meat and milk at same meal
- b. No leavened bread at any meal
- c. No meals after sunset and before dawn
- d. No meals after dawn and before sunset

ANSWER:

d

47. Which of the following functional foods are associated with reduced cancer risk?

- a. Fermented dairy products
- b. Dark chocolate
- c. Cruciferous vegetables
- d. Cranberry juice

ANSWER:

c

Chapter 01: Food Selection

48. What foods does a lacto-ovo-pesco vegetarian eat?

- a. Chicken, dairy, eggs
- b. No dairy or eggs
- c. No dairy or eggs but red meat
- d. Fish, dairy, eggs

ANSWER:

d

49. Which food matches best with the bitter taste stimuli?

- a. Grapefruit
- b. Ice cream
- c. Beef broth
- d. Tomatoes

ANSWER:

a

50. Which food matches best with the umami taste stimuli?

- a. Grapefruit
- b. Ice cream
- c. Beef broth
- d. Tomatoes

ANSWER:

c

51. Which describes a functional food?

- a. A food that is purified and put into a supplement
- b. A food with physiological benefits that enhances overall health
- c. A food that has a special role in a culture
- d. A food that is nutrigenomic

ANSWER:

b

52. What religion considers dairy products to be spiritually pure?

- a. Buddhism
- b. Seventh-Day Adventist Church
- c. Church of Jesus Christ of Latter-Day Saints
- d. Hinduism

ANSWER:

d

53. Which religion discourages alcohol, coffee, and tea?

- a. Buddhism
- b. Judaism
- c. Mormon Church
- d. Hinduism

ANSWER:

c

54. What concern do critics of organic foods have?

Chapter 01: Food Selection

- a. Organic foods can contain hormones
- b. Consumers may be misled with scare tactics
- c. There are no specific organic standards
- d. Some processed foods are also organic

ANSWER:

b

55. What food assistance program benefit is based on the “Thrifty Food Plan”?

- a. Supplemental Nutrition Assistance Program
- b. National School Lunch Program
- c. Special Supplemental Program for Women, Infants, and Children
- d. Meals on Wheels

ANSWER:

a

56. What aspect of culture explains why salsa flavor and texture varies between Mexico, Guatemala, and Puerto Rico?

- a. Ethnic influences
- b. Geography and climate
- c. Cultural influence on manners
- d. Place of birth

ANSWER:

d

57. What do the words “chewy,” “crunchy,” “creamy,” “slippery,” and “viscous” describe?

- a. Physical sensations of food felt in the mouth
- b. Tenderness of food
- c. Food chemical properties experienced in the nose
- d. The acceptability of foods to the palate

ANSWER:

a

58. What GMO animal product has the FDA approved for human consumption?

- a. Chicken
- b. Pork
- c. Lamb
- d. Salmon

ANSWER:

d

59. According to the NOVA Food classification system, what group does sugar (from sugar beets) belong to?

- a. Minimally processed food
- b. Processed culinary ingredient
- c. Processed food
- d. Ultra-processed food

ANSWER:

b

60. Which U.S. population group has the highest adherence to the *Dietary Guidelines*?

- a. Ages 2-4

Name _____ Class _____ Date _____
: _____ : _____ e: _____

Chapter 01: Food Selection

- b. Ages 9-13
- c. Ages 19-30
- d. Ages 60 and above

ANSWER:

d