

2004

**FFA
Future Food Scientists of America
Food Science and Technology CDE
Food Science Knowledge Test**

Fill in your name on the scantron sheet.

Choose the selection that is most correct. Use the Scantron to reflect your choice.

1. GAPS with respect to food are:
 - a. Good Agricultural Practices.
 - b. Good Animal Practices.
 - c. Good And Pure.
 - d. A store where cool clothes are found.

2. The importance of GAPS is:
 - a. they make sure that cultivars are correct.
 - b. they provide guidance on safe food production.
 - c. they provide guidance on which animals are best to use.
 - d. they provide guidance on safe farm management.

3. HACCP principles are designed to:
 - a. identify and control feces in animal products.
 - b. control how people wash their hands.
 - c. identify and control potential contaminants in foods.
 - d. identify and manipulate nutrients in foods.

4. Hazards in foods include:
 - a. physical.
 - b. chemical.
 - c. biological.
 - d. all of the above.

5. A critical control point in the food processing flow is:
 - a. a point that can be controlled to make sure a food is safe to eat.
 - b. a point that if it is not controlled the food will be out of specifications.
 - c. a point that if not controlled will result in an unsafe food.
 - d. all of the above.

6. A hazard analysis determines:
 - a. where hazards could occur.
 - b. assesses their severity and human health risk.
 - c. determine a preventative measure.
 - d. what a critical control point does.

7. An example of a critical limit:
 - a. hand washing
 - b. cooking time and final temperature
 - c. hairnets
 - d. all are critical limits.

8. An important consideration in controlling bacterial growth from farm to table:
 - a. keeping food at room temperature
 - b. keeping food cold
 - c. keeping food fresh
 - d. keeping food cooked.

9. Perishable foods should be kept below 40°F. The reason is:
 - a. bacteria grow slowly at this temperature.
 - b. produce ripens slower at this temperature.
 - c. decay is slowed.
 - d. all of the above.

10. Who is **least at risk** for food borne illness?
 - a. 4 year old child
 - b. 17 year old FFA student
 - c. pregnant woman
 - d. elderly person.

11. Which of these is not one of the 4 C's of food safety?
 - a. Cross contaminate.
 - b. Clean.
 - c. Cook.
 - d. Chill.

12. How much fat is in 2% milk?
 - a. there is not any fat in 2% milk.
 - b. 1.0%
 - c. 2.0%
 - d. 3.25%

13. On a nutritional label, Daily Reference Values refer to:
 - A. The amount of calories.
 - B. The amount of vitamins.
 - C. The amount of vitamins based on a 2000 calorie diet.
 - D. The amount of fat, carbs, protein, cholesterol, and sodium based on a 2000 calorie diet.
 - E. The amount of vitamins C, A, calcium and iron based on a 2000 calorie diet.

Questions 14 – 18 use the following for responses. They are sections of the Food Guide Pyramid.

- | | |
|---|---|
| A. <i>Fats, oils, sweets</i> | B. <i>Meats, poultry, beans, eg protein foods</i> |
| C. <i>Fruits</i> | D. <i>Vegetables</i> |
| E. <i>Grains, bread, cereals etc...</i> | |

14. This section of the Food Guide Pyramid contains the foods that should be consumed in the largest amounts.
15. This section contains foods that should be eaten the least.
16. This section contains foods that can be high in fat and protein.
17. This section contains foods that are high in fiber and are sweet.
18. This section contains foods that are high in vitamins and fiber.

The following questions refer to the nutrition label below.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

19. There are how many servings in this package?

- a. 1.
- b. 2.
- c. 3.
- d. 4.

20. If you were to eat the entire package, how many calories would you obtain?

- a. 30.
- b. 90.
- c. 180.
- d. 360.

21. About what percentage of calories does fat contribute in this product?

- a. 20%
- b. 33%
- c. 50%
- d. 66%

22. Based upon a 2000 calorie diet, this product contributes about what percentage of the Percent Daily Value for fat?

- a. 5%
- b. 33%
- c. 50%
- d. 66%

23. This product can be called a "good source" of at least one nutrient. Which is not one of the nutrients?

- a. Vitamin A.
- b. Vitamin C.
- c. Dietary Fiber
- d. Sodium.

24. This product would NOT be considered "low" in:

- a. fat.
- b. sodium.
- c. cholesterol.
- d. none of these.

25. Could this product be called "Light"?

- a. Yes, it is light in cholesterol.
- b. No, we do not know what to compare it to.

26. How many calories are in 10 grams of a food that is 20% fat, 20% protein, and 60% carbohydrate?

- a. 10 calories.
- b. 18.
- c. 26.
- d. 50.

27. Which nutrient provides the highest density in calories?

- a. carbohydrates
- b. fat
- c. protein

28. Food additives are added for a variety of reasons. Which of these is not one of them?
- to keep it flowing as in salt from a shaker.
 - to keep it colorful.
 - to keep it fresh.
 - to keep it wholesome.
 - all are reasons.
29. Who regulates food additives?
- USDA
 - FDA
 - State of Iowa
 - No one.
30. GRAS stands for:
- Generally recognized as salty.
 - Generally recognized as safe.
 - Generally recognized as secure.
 - Generally recognized as sure to cause cancer.
31. Salt, sugar, spices, and other additives are considered:
- okay to use in foods in unlimited amounts.
 - GRAS.
 - big contributors to calories
 - unsafe as additives.
32. A difference between spoilage bacteria and pathogenic bacteria is:
- one can make you sick.
 - one produces gases.
 - one is introduced to the food unnaturally.
 - one occurs in the food naturally.
33. Bacteria reproduce in a manner called:
- indeterminant growth.
 - binary fission.
 - non exponential
 - sexually.
34. Which is not used for food preservation?
- drying.
 - canning.
 - freezing.
 - irradiation.
 - all are ways to preserve foods.
35. When food deteriorates it is typically caused by?
- enzymes
 - pathogenic bacteria.
 - bad air.
 - poor handling.
36. Canned food such as green beans often have a set of weird numbers and letters stamped on the container. What is this called?
- sell by date
 - use by date
 - closed date labeling
 - xenophobia.

37. If you find a product in the grocery that says "sell by date" and it is a week beyond this date, what should you do as a responsible citizen?
- buy the product it is probably on sale.
 - tell a store employee that it is beyond code date.
 - choose another product with a more current date.
 - walk away and shop elsewhere.
38. The mechanism of freezing and refrigeration in preserving food is:
- refrigeration kills microorganisms.
 - freezing kills all microbes.
 - cold slows the growth of most microorganisms.
 - cold food tastes better.
39. Fast food is:
- always unhealthy.
 - high in fat.
 - high in cholesterol.
 - all of these.
 - may be high in some of these or may not be high in these.
40. The two nutrients that should be consumed in the least for a healthy diet are:
- carbs and sugars.
 - cholesterol and saturated fats.
 - carbs and fats.
 - proteins and carbs.

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 - c. carbs and fats
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May 25, 2004

To: Sausilito Sauce and Sandwich Company
Ames, IA 50011

From: John A. Consumer, Unhappy

Subject: Discolored sandwich wraps

To Whom It May Concern:

I recently purchased your Ready to Eat, Slammin' Sammy's Sausilito Sourdough Spam Sandwich Wrap. The "buy by" date was listed as June 10, 2004. The product looked very tasty in the wrapper. I noticed that this one sandwich wrap was not vacuum sealed like the rest of the sandwiches that were on display.

Upon opening the wrapper, I noticed that the sourdough bread wrapper had turned a bluish color and was fuzzy. Upon eating the sandwich, a negative flavor came over my taste buds.

I think that there was something wrong with the sandwich. Was it safe to eat? What would have caused the product to change color and get fuzzy like it did?

Thank you for your assistance.

**FFA
Future Food Scientists of America
Food Science and Technology CDE
Complaint letter response activity**

Name _____

Team _____

I. After reading the letter, please circle the correct answer to each question.

1. What was the main problem with the product? (5 pts)
- a. Food safety problem
 - b. Quality problem
 - c. Water activity problem
 - d. All of the above
 - e. Only two of the above

2. What was the main cause of the problem? (5 pts)
- a. Spoilage by mold
 - b. Pigment change in the bread
 - c. Ingredients were incorrect
 - d. Allergen problem

II. What solution do you propose to correct the problem? (10 pts)

FFA
Future Food Scientists of America
Food Science and Technology CDE
Product Development Team Event

Consumers are interested in their health and the impact that food has on their general well being. Additionally, consumers are demanding that food be easily and rapidly prepared. This has led to the increase in meals consumed away from home. However, meals consumed away from home are often higher in fat and calories. The fast food industry has begun to address the needs of health conscious consumers by providing a variety of fat and calorie reduced products. However, one still must travel to the restaurant to obtain this food.

As a nation, the people in the United States are becoming deficient in an important nutrient – calcium. Calcium is found in a variety of foods including dairy products such as milk and cheese, green leafy vegetables and some canned fish products such as salmon or sardines. The recommended amount of calcium that one should consume is 800 – 1200 mg. Four glasses of milk or 4 ounces of cheese will provide that amount.

Heart disease and other cardiovascular diseases are the leading cause of death in the country. Consumption of foods that are high in fat, sodium, and cholesterol historically has been associated with these diseases. Additionally, lack of exercise has serious ramifications for heart disease. Adequate intake of fiber in the form of insoluble (vegetables and whole grains) and soluble fiber (mainly in fruits) appears to be important in reducing the risk of heart disease.

Your task will be to develop and market a healthy fast food main course that can be sold at the grocery and stored in the freezer. The food should be marketed toward the busy family and:

- a. be heart healthy
- b. contain half the daily requirement for calcium
- c. be high in fiber
- d. be flavorful
- e. be reasonable in price.

A ten minute talk with all members of the team contributing will describe your product, the marketing tools, the nutritional and ingredient labels, and why you think the product is a go. Evaluation will be based upon successful application of these requirements and defending your choice in the solution to these.

Things to think about....

- How are you going to heat your main dish?
- what does “Heart Healthy” mean?
- Where can you get calcium and/or in easily usable forms?
- What is flavorful in a main meal – spicy, savory, meaty, grainy, fresh?
- What is the approximate price of a normal main course? How do you determine this?
- Fill in the nutrition label on the back with your product information.
- Ingredients are always listed in order of amounts – largest first.
- What are the food safety concerns with this product?
- What claims can you make on the front of the package?

Websites that should be important to you....

- <http://food.oregonstate.edu/food.html>
- <http://www.nal.usda.gov/fnic/etext/000020.html>
- <http://www.calorieking.com/foods/>
- <http://www.fda.gov/opacom/backgrounders/foodlabel/newlabel.html>
- http://www.fda.gov/fdac/features/2002/502_food.html

Product Development Presentation Scorecard

Team _____

1. Nutrition label
2. Shelf-life, stability and packaging
3. Sensory characteristics and quality
4. Marketing/advertising plan

	Possible Points	Team Points
Package design	10	
<ul style="list-style-type: none"> • Use, development and adaptation of nutritional label • Use and development of the ingredient statement on educational panel • Use of principle display panel to convey information 		
Oral Proposal	10	
<ul style="list-style-type: none"> • How does the product meet market needs? • How does the product address target audience? • The presentation address the following product concerns: <ul style="list-style-type: none"> • Economics – cost? • Nutrition • Health • Formulation 		
Participation of all members	5	
Response to Judges' questions/	10	
<ul style="list-style-type: none"> • Time management in question response • Organizational ability 		
TOTAL SCORE	80	

Team Name: _____
 Team Number: _____

**Scoring Rubric for Product Development
 FFA Food Technology Contest**

Please circle the statement that best reflects the performance of each group's product and presentation. Use the scale to assign a score for each criterion. After each presentation, please tally the scores in the far right column and place the total at the bottom of the second page.

CRITERIA	PRODUCT SENT INTO STORES	PRODUCT UNDER REVISION	PRODUCT BACK TO LAB FOR FURTHER TESTING	TEAM SCORE		
Product Design						
<ul style="list-style-type: none"> • Target Market • Packaging design • Product cost • Shelf life • Ease of preparation 	Packaging design and product cost matched target market. Shelf life mentioned. Easy to prepare <p align="center">20</p>	16	Mentioned target market, but with inappropriate package design or product cost. Moderately easy to prepare <p align="center">12</p>	8	Did not consider target market in package design or product cost. Difficult or many steps in preparation <p align="center">4</p>	
Nutrition Label/Ingredients						
Did the nutrition label contain analysis of: Protein, Fiber, Fat, Saturated Fat, Cholesterol and Calories? Did the nutrition label calculate appropriate serving size for the product?						
<ul style="list-style-type: none"> • Protein • Fat • Saturated fat • Calcium • Fiber • Calories • Serving size • Claims 	Product provided high amounts of targeted nutrients. Serving size mentioned <p align="center">20</p>	16	Product provided moderate amounts of targeted nutrients <p align="center">12</p>	8	Product provided low amounts of targeted nutrients <p align="center">4</p>	
Sensory Characteristics						
<ul style="list-style-type: none"> • Appearance • Texture • Flavor 	Used appropriate sensory evaluation terms. Completely described product <p align="center">5</p>	4	Used some sensory terms, but some errors. Described product nearly completely. <p align="center">3</p>	2	Used sensory terms, but inaccurately. Omitted many aspects of product description. <p align="center">1</p>	

(Please turn over)

Name _____

School _____

Aromas

- | | |
|--------------------|----------------------|
| 1. Cinnamon | 17. Menthol |
| 2. Peanut Butter | 18. Grape |
| 3. Chocolate | 19. Garlic |
| 4. Maple | 20. Peppermint |
| 5. Oregano | 21. Clove |
| 6. Basil | 22. Nutmeg |
| 7. Lemon | 23. Ginger |
| 8. Lime | 24. Molasses |
| 9. Orange | 25. Wintergreen |
| 10. Vanilla | 26. Banana |
| 11. Almond | 27. Coconut |
| 12. Smoke (liquid) | 28. Lilac |
| 13. Cherry | 29. Raspberry |
| 14. Pine | 30. Strawberry |
| 15. Onion | 31. Licorice (anise) |
| 16. Butter | |

Using the key above, identify the aroma of each sample. Place the NUMBER of the aroma on the line below that corresponds with the station letter. There is only one aroma at each station.

Station	Aroma number
A	_____
B	_____
C	_____
D	_____
E	_____
F	_____
G	_____
H	_____
I	_____
J	_____



NASA Food Technology Commercial Space Center

Product Development for Space Travel

BACKGROUND

NASA is designing a terrestrial habitat intended for testing Advanced Life Support (ALS) technologies, techniques, and procedures for long duration missions in space to the moon and Mars where all life support systems will be recycled and reused. ALS involves the use of hydroponically grown crops to supply and regenerate air and food for the crew.

Crops grown on-board will be used for air and water recycling and also serve as a food source. Space food development problems include weight and volume restrictions, nutrition, crew acceptability and consumption, and management of food-generated waste. One of the main challenges of long-term space flight will be to obtain a menu with sufficient variety and acceptability from a limited number of plant sources.

Plants to be grown include wheat, white potato, soybean, sweet potato, peanut, rice, tomato, lettuce, carrot, chard, radish, spinach, green onion, dry beans, and cabbage. Crops were selected based upon their ability to produce maximum edible biomass, to maximize space and light, as well as upon the nutrients they contain.

Read more about the Advanced Life Support Systems at <http://advlifesupport.jsc.nasa.gov>. Learn about the NASA Food Technology Commercial Space Center at ISU at <http://www.ag.iastate.edu/centers/ftcsc>.

OBJECTIVE

Your task is to develop a food product from the available ingredients. Your product should be nutritious, easy to eat, have few crumbs, require minimal time for preparation, be easy to prepare, and have satisfactory sensory characteristics.

METHOD

With your team, create a food product from the ingredients supplied to you. Your team should develop a product name, consider the requirements for use in space, and evaluate the appearance, texture, and flavor of the final product.

After your team develops and evaluates your product, your team will present an oral report (5-10 minutes) to the rest of the participants and share the product they developed.

RULES

Your team will have 60 minutes to develop your product. You will be allowed to use only 4 ingredients. Water, spices and herbs, salt and pepper, soy sauce, and sugar are available as resupply ingredients from Earth. Select 1 item from each of the following categories:

Bread	Beans	Greens	Resupply Items
Tortillas	Pinto beans	Lettuce	Tomato sauce
Rice cakes	Kidney beans	Radishes	Ranch dressing
	Black beans	Green onions	Cheese
	Soybeans	Carrots	Sour cream
		Tomatoes	Peanut butter

QUESTIONS THAT YOU MUST ANSWER

1. What nutrients does your product provide? You should be able to get this information from searching the web. Also, the website www.nal.usda.gov/fnic has a searchable food composition database.
2. What does the nutrition panel look like?
3. What are critical factors to the safety of this product from a microbiological standpoint?
- 4.

EVALUATION

Product name _____

Ingredients _____

Preparation time _____

Serving suggestions _____

Evaluation: Rate your product on the Assessment Form for:
Sensory Characteristics (appearance, texture, and flavor)
Ease of Eating and Crumbs
Ease of Preparation

MARKETING PRESENTATION

You should have a product container mock up for the evaluation.

Each team member should present at least one of the following aspects of food product development for space: utilization of available ingredients, nutrition, ease of preparation, ease of eating and crumbs, and sensory characteristics, answers to the questions.