## FFA 2005

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 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.
- 2. Who is most at risk for food borne illness?
  - a 1 year old child
  - b. 17 year old FFA student
  - c. 34 year old woman
  - d. college student.
- 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.

a keeping food at room temperature b keeping food cold c keeping food fresh d keeping food cooked 9. 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. 10. 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. 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. Fats, oils, B. Meats, poultry, eg protein foods C. Fruits D. Vegetables E. Grains, bread, cereals etc... 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.

8. An important consideration in controlling bacterial growth from farm to table:

The following questions refer to the nutrition label below.

<b>Nutrition Facts</b>	19 Th
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otal Carbohydrate 139 4%	
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3. This product can be called	_
a Vitamin A l	o. Vitan

a. 10 calories.

a. carbohydrates

b. 18.

b fat

27. Which nutrient provides the highest density in calories?

Nutrition Facts Serving Size *2 cup (114g) Selvings Per Container 4  Amount Per Serving Callories 90 Callones from Fat Su	19. There are how many servings in this package?  a. 1.  b. 2.  c. 3.  d. 4.
% Daily Value           Total Fat 3g         5%           Saturated Fat 0g         0%           Cholesterol (viig         0%           Sodium 300mg         13%           Total Carbohydrate 12g         4%           Dietary Fiber 2g         12%           Sugars 3g         1	20. If you were to eat the entire package, how many calories would you obtain?  a. 30. b. 90. c. 180 d. 360.
Protein 30  Vilamin A 60% * Vilamin C 60% Calcium 4% * Vilamin C 60% Filt cost Direct Vinness are based on a 2 pour calcine det Your daily values coache he higher for Ewer depuenting on your racese needs.	21 About what percentage of calories does fat contribute in this product? a 20% b. 33% c. 50% d. 66%
Cubries 2000 2 500  Idal Fat Less than 553 500  Sat Pat Less than 203 259 Chookshini Cess than 200mg 300mg Socium Less than 200mg 2 400mg Tebél Cartol yards 300g 3750 Diesary Fase 25g 30g  Catries per gram Fat 6 • Cartohydrate 4 • Protein 4	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%
	a "good source" of at least one nutrient. Which is not one of the nutrients?  b. Vitamin C. c. Dietary Fiber d. Sodium.
24. This product would NOT a. fat.	be considered "low" in: b. sodium. c. cholesterol. d. none of these.
25. Could this product be call a. Yes, it is light in che b. No, we do not know	

d. 50.

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

c. 26.

c. protein

28	Food additives are added for a variety of reasons. Which of these is not one of them?  a. to keep it flowing as in salt from a shaker.  b. to keep it colorful.  c. to keep it fresh.  d. to keep it wholesome.  e. all are reasons.
29	Who regulates food additives?  a. USDA  b. FDA  c. State of Iowa  d. No one.
30.	GRAS stands for:  a. Generally recognized as salty.  b. Generally recognized as safe.  c. Generally recognized as secure.  d. Generally recognized as sure to cause cancer.
31.	Salt, sugar, spices, and other additives are considered:  a. okay to use in foods in unlimited amounts.  b. GRAS.  c. big contributors to calories d. unsafe as additives.
32	A difference between spoilage bacteria and pathogenic bacteria is:  a. one can make you sick.  b. one produces gases.  c. one is introduced to the food unnaturally.  d. one occurs in the food naturally.
33.	Bacteria reproduce in a manner called:  a. indeterminant growth  b. binary fission  c non exponential  d. sexually
34.	Which is not used for food preservation?  a drying b canning. c freezing d irradiation e all are ways to preserve foods.
35.	When food deteriorates it is typically caused by?  a. enzymes. b. pathogenic bacteria. c. bad air. d. poor handling.
	Canned food such as green beans often have a set of weird numbers and letters stamped on the ntainer. What is this called?  a. sell by date  b. use by date  c. closed date labeling  d. 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?
  - a buy the product it is probably on sale
  - b. tell a store employee that it is beyond code date.
  - c. choose another product with a more current date.
  - d. walk away and shop elsewhere.
- 38. The mechanism of freezing and refrigeration in preserving food is:
  - a refrigeration kills microorganisms
  - b freezing kills all microbes
  - c. cold slows the growth of most microorganisms.
  - d. cold food tastes better.
- 39. Fast food is:
  - a. always unhealthy.
  - b. high in fat...
  - c. high in cholesterol.
  - d all of these
  - e. 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:
  - a. carbs and sugars
  - b. cholesterol and saturated fats.
  - c carbs and fats.
  - d. proteins and carbs.

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Α.	a Identification Key 21	<u>Choices</u> 1 Cinnamon
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D.	4	3 Chocolate
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