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| 1. The first impressions of food are received through the sense of

|  |  |  |
| --- | --- | --- |
|   | a.  | smell. |
|   | b.  | sight. |
|   | c.  | hearing. |
|   | d.  | taste. |
|   | e.  | touch. |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 2. The most influential factor in a person’s selection of food is the sense of

|  |  |  |
| --- | --- | --- |
|   | a.  | sight. |
|   | b.  | taste. |
|   | c.  | hearing. |
|   | d.  | odor. |
|   | e.  | touch. |

|  |  |
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| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
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| 3. Researchers believe people may have as many as \_\_\_\_\_ olfactory receptors.

|  |  |  |
| --- | --- | --- |
|   | a.  | 100,000 |
|   | b.  | 1 million |
|   | c.  | 1 billion |
|   | d.  | 1 trillion |

|  |  |
| --- | --- |
| *ANSWER:* | d |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
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| 4. The ability to distinguish between various odors

|  |  |  |
| --- | --- | --- |
|   | 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.  | All of these answers are correct depending on the specific smell. |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 5. Six categories of odor classification include

|  |  |  |
| --- | --- | --- |
|   | a.  | fragrant, acidic, burnt, metallic, umami, and sour. |
|   | b.  | acidic, burnt, oleogustus, sweet, savory, and metallic. |
|   | c.  | sweet, sour, bitter, salty, umami, and oleogustus. |
|   | d.  | sweet, sour, burnt, salty, umami, and oleogustus. |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 6. Impressions of volatile flavor substances are provided by the sense of

|  |  |  |
| --- | --- | --- |
|   | a.  | sight. |
|   | b.  | smell. |
|   | c.  | taste. |
|   | d.  | sound. |
|   | e.  | None of these are correct. |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 7. The six basic taste stimuli include sweet, sour, salty, bitter, oleogustus, and umami. Umami means

|  |  |  |
| --- | --- | --- |
|   | a.  | burnt. |
|   | b.  | acidic. |
|   | c.  | savory. |
|   | d.  | smoky. |
|   | e.  | bubbly. |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 8. The *umami* taste is attributed to the amino acid

|  |  |  |
| --- | --- | --- |
|   | a.  | lysine. |
|   | b.  | threonine. |
|   | c.  | tryptophan. |
|   | d.  | glutamate. |

|  |  |
| --- | --- |
| *ANSWER:* | d |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 9. The sour taste found in some foods comes from

|  |  |  |
| --- | --- | --- |
|   | a.  | the chemical configuration of food molecules. |
|   | b.  | the acids found in food. |
|   | c.  | alkaloid compounds found in food. |
|   | d.  | ionized salts such as the salt ions in sodium chloride or other salts found naturally in foods. |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 10. Bitterness is imparted by substances in foods such as

|  |  |  |
| --- | --- | --- |
|   | a.  | caffeine. |
|   | b.  | theobromine. |
|   | c.  | phenolic compounds. |
|   | d.  | alkaloids. |
|   | e.  | All of these are correct. |

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 11. Which of the following statements about threshold concentration is incorrect (false)?

|  |  |  |
| --- | --- | --- |
|   | a.  | Subthreshold salt levels increase perceived sweetness. |
|   | b.  | Subthreshold salt levels decrease perceived acidity. |
|   | c.  | Subthreshold sugar concentrations make a food taste less salty. |
|   | d.  | Subthreshold acid concentrations make a food taste more salty. |
|   | e.  | All of these are correct. |

|  |  |
| --- | --- |
| *ANSWER:* | d |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 12. A food’s brittleness, chewiness, viscosity, and thickness describe its

|  |  |  |
| --- | --- | --- |
|   | a.  | odor. |
|   | b.  | flavor. |
|   | c.  | chemesthesis. |
|   | d.  | astringency. |
|   | e.  | consistency. |

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 13. Some compounds like monosodium glutamate, often used in Chinese cooking, actually adjust the taste of meat and other foods by making them

|  |  |  |
| --- | --- | --- |
|   | a.  | sweeter. |
|   | b.  | saltier. |
|   | c.  | sour. |
|   | d.  | bitter. |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 14. The perception of odor is triggered by volatile compounds and provides about \_\_\_\_\_ to \_\_\_\_\_% of the impression of flavor.

|  |  |  |
| --- | --- | --- |
|   | a.  | 25; 50 |
|   | b.  | 50; 75 |
|   | c.  | 75; 95 |
|   | d.  | 0; 25 |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
| *HAS VARIABLES:* | False |
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| 15. The feeling of chemesthesis may be felt by some individuals eating

|  |  |  |
| --- | --- | --- |
|   | a.  | really cold ice cream. |
|   | b.  | hot chili peppers. |
|   | c.  | warm chicken noodle soup. |
|   | d.  | hot chocolate with whipped cream. |
|   | e.  | hot buttered popcorn. |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Multiple Choice |
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| 16. The 2015–2020 *Dietary Guideline*s are designed to do all of the following except

|  |  |  |
| --- | --- | --- |
|   | a.  | promote health. |
|   | b.  | reduce the risk of chronic diseases. |
|   | c.  | reduce the prevalence of overweight and obesity. |
|   | d.  | guide federal food programs and nutrition education programs. |
|   | e.  | All of these are correct. |

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | Multiple Choice |
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| 17. MyPlate shows pictorially that about half your plate should be made up of

|  |  |  |
| --- | --- | --- |
|   | a.  | dairy and vegetables. |
|   | b.  | grains and protein. |
|   | c.  | fruits and vegetables. |
|   | d.  | dairy and fruits. |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | Multiple Choice |
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| 18. The benefits of vegetarian diet most likely come from all of the following except

|  |  |  |
| --- | --- | --- |
|   | a.  | lower intakes of fat, saturated fat, cholesterol, and animal protein. |
|   | b.  | higher levels of phytochemicals, fiber, complex carbohydrates, antioxidants, carotenoids, and folate. |
|   | c.  | lower intakes of antibiotics, pesticides, and animal hormones. |
|   | d.  | higher levels of fiber, chlorophyll, and nutrients from the soil the plants grew in. |
|   | e.  | answers c and d. |

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | Multiple Choice |
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| 19. Iodized salt is an example of

|  |  |  |
| --- | --- | --- |
|   | a.  | a synthesized food. |
|   | b.  | an enhanced food. |
|   | c.  | an enriched food. |
|   | d.  | a fortified food. |

|  |  |
| --- | --- |
| *ANSWER:* | d |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | Multiple Choice |
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| 20. Culture influences food habits most profoundly by dictating

|  |  |  |
| --- | --- | --- |
|   | a.  | what is or is not acceptable to eat. |
|   | b.  | which factors that influence food selection are important. |
|   | c.  | how the nutrients in foods are valued. |
|   | d.  | how the people in a country prepare the food they eat. |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-3 |
| *QUESTION TYPE:* | Multiple Choice |
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| 21. Religious practices primarily influence dietary intake by

|  |  |  |
| --- | --- | --- |
|   | a.  | defining what is and is not acceptable to eat. |
|   | b.  | declaring foods as acceptable or unacceptable and specifying preparation procedures. |
|   | c.  | requiring blessings and specialized preparation procedures before consumption. |
|   | d.  | requiring all food to be blessed and well cooked. |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-4 |
| *QUESTION TYPE:* | Multiple Choice |
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| 22. What religious group in which approximately 40% of members practice being lacto-ovo-vegetarians discourages consumption of between-meal snacks, hot spices, alcohol, tea, and coffee?

|  |  |  |
| --- | --- | --- |
|   | a.  | Buddhists and Hindus |
|   | b.  | Seventh-Day Adventists |
|   | c.  | Mormons |
|   | d.  | Orthodox Jews |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-4 |
| *QUESTION TYPE:* | Multiple Choice |
| *HAS VARIABLES:* | False |
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| 23. *Halal* is an Arabic word meaning “permissible,” which usually refers to permissible foods under \_\_\_\_\_\_ law.

|  |  |  |
| --- | --- | --- |
|   | a.  | Mormon |
|   | b.  | Islamic |
|   | c.  | Buddhist |
|   | d.  | Jewish |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-4 |
| *QUESTION TYPE:* | Multiple Choice |
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| 24. Which of the following religious groups follows the practice of consuming halal meat?

|  |  |  |
| --- | --- | --- |
|   | a.  | Buddhists |
|   | b.  | Hindus |
|   | c.  | Muslims |
|   | d.  | Mormons |
|   | e.  | Orthodox Jews |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
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| 25. What medium serves as the predominant source of information for older consumers?

|  |  |  |
| --- | --- | --- |
|   | a.  | radio |
|   | b.  | magazine advertisements |
|   | c.  | newspaper |
|   | d.  | television |

|  |  |
| --- | --- |
| *ANSWER:* | d |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-5 |
| *QUESTION TYPE:* | Multiple Choice |
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| 26. The genetic variations studied in nutrigenomics result from

|  |  |  |
| --- | --- | --- |
|   | a.  | birth trauma. |
|   | b.  | chromosomal abnormalities. |
|   | c.  | lack of an enzyme within a biochemical pathway. |
|   | d.  | smoking during pregnancy. |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | Multiple Choice |
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| 27. The number of different foods now available makes it more difficult today than ever before to plan a nutritious diet.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 28. Volatile molecules are capable of evaporating like a gas into the air.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 29. The perception that a continuously present smell gradually decreases over time is called adaptation.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 30. Approximately 25–30% of the impression of a food’s flavor comes from taste and odor.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 31. 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 |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 32. Mouthfeel applies only to solid foods, not to liquids.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
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| 33. Food packaging protects flavor against vaporization of the volatile compounds.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 34. All women require 1,600 calories per day and all men require 2,400–2,600 calories per day.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | True / False |
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| 35. The 2015–2020 *Dietary Guidelines* were written by the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (DHHS).

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | True / False |
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| 36. The key motivating factor in the selection of food is lower fat and balanced nutrient intake.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | True / False |
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| 37. One of the least important limiting factors in the selection of food for consumption is cost.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-5 |
| *QUESTION TYPE:* | True / False |
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| 38. The Food and Drug Administration (FDA) accepts genetically engineered foods as posing no risk to health or safety, and for this reason, it does not require mandatory labeling, unless the foods contain new allergens, have modified nutritional profiles, or represent a new plant.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-5 |
| *QUESTION TYPE:* | True / False |
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| 39. A food that contains genetically modified ingredients cannot be labeled organic.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-5 |
| *QUESTION TYPE:* | True / False |
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| 40. The term *kosher* is the general term applied to foods that are clean in any religion or faith.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-4 |
| *QUESTION TYPE:* | True / False |
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| 41. Within the boundaries of the United States, many foods once considered ethnic are now commonplace.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-3 |
| *QUESTION TYPE:* | True / False |
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| 42. Nutrigenomics is a field of study focusing on genetically determined biochemical pathways linking specific dietary substances with health and disease.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | True / False |
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| **Match foods to the correct descriptions:**

|  |  |
| --- | --- |
| a.  | crackers |
| b.  | cucumbers |
| c.  | lemons |
| d.  | ghost peppers |
| e.  | oatmeal |

|  |  |
| --- | --- |
| *DIFFICULTY:* | Knowledge-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Matching |
| *HAS VARIABLES:* | False |
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| --- | --- | --- | --- | --- |
| 43. lumpy

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *POINTS:* | 1 |

 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 44. cooling

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *POINTS:* | 1 |

 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 45. hot

|  |  |
| --- | --- |
| *ANSWER:* | d |
| *POINTS:* | 1 |

 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46. crunchy

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *POINTS:* | 1 |

 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 47. astringent

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *POINTS:* | 1 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 48. List the primary criteria that people use to select the foods in their diets, and give a brief description of each including its importance.

|  |  |
| --- | --- |
| *ANSWER:* | See section 1-1 through 1-6. The answer should include the following criteria with appropriate explanations as presented in the text and in the lecture/classroom activities:• Sensory criteria • Nutritional criteria • Cultural criteria • Religious criteria • Psychological and sociological criteria • Budgetary criteria  |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-1 through 1-6 |
| *QUESTION TYPE:* | Essay |
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| 49. 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 greeting your guests as they enter your home. How does this smell get carried to them? Why is it that they can not smell the cold chocolate soufflé when you take it out of the freezer for dessert tonight? Why is the smell of a hot item more intense than the smell of a cold one?

|  |  |
| --- | --- |
| *ANSWER:* | See section 1-1. |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Essay |
| *HAS VARIABLES:* | False |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50. You are just sitting down to a bowl of hot vegetarian bean chili. It’s made with garlic, onions, red and green peppers, hot chili peppers, and black beans. It’s seasoned with salt, black pepper, and chili powder and flavored with the herb cilantro. You begin to slowly feel a warming sensation in your body. What ingredient is probably making this warming sensation? Explain what is happening in your body because of this specific ingredient.

|  |  |
| --- | --- |
| *ANSWER:* | See section 1-1. |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Essay |
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| 51. Your next-door neighbor is talking to you and would like to know the difference between *taste* and *flavor*. She is aware that she is incorrect when she uses the terms interchangeably and would like clarification and examples for both. Show off your food science expertise and compare and contrast the similarities and differences between taste and flavor.

|  |  |
| --- | --- |
| *ANSWER:* | See section 1-1. |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-1 |
| *QUESTION TYPE:* | Essay |
| *HAS VARIABLES:* | False |
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| 52. Describe three different scenarios in which an individual finds himself or herself in calorie balance, calorie excess, or calorie deficit.

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| *ANSWER:* | See section 1-2. |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-2 |
| *QUESTION TYPE:* | Essay |
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| 53. Social and psychological factors strongly influence the food purchasing habits and eating behaviors of most individuals. What are these factors, and how do they influence a food company’s advertising campaigns? Discuss how these social and psychological factors influence consumers’ responses to the following new additions to the food market: genetically modified, organic, and natural foods.

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| *ANSWER:* | See section 1-5. |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-5 |
| *QUESTION TYPE:* | Essay |
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| 54. Suppose that this afternoon you are going to interview for a position as a private chef for a Jewish Orthodox family that keeps a strict kosher home. What dietary information should you prepare yourself with before your interview so that you are knowledgeable about their food-related beliefs?

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| *ANSWER:* | See section 1-4. |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-4 |
| *QUESTION TYPE:* | Essay |
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| 55. Suppose that you are responsible for menu creation in a correctional facility that serves three meals per day (breakfast, lunch, and dinner). Explain what sort of menu and meal delivery accommodations you would have to make for Muslim inmates who are observing Ramadan.

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| *ANSWER:* | See section 1-4 |
| *POINTS:* | 1 |
| *DIFFICULTY:* | Application-based |
| *REFERENCES:* | 1-4 |
| *QUESTION TYPE:* | Essay |
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