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
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