**Test Bank[[1]](#footnote-1) for Chapter 1 – Food Selection**

Key to question information: ANS = correct answer; DIF = question difficulty; REF = page reference

**Multiple Choice**

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

a. smell.

b. sight.

c. hearing.

d. taste.

e. touch.

ANS: b DIF: Knowledge-based REF: 1

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.

ANS: b DIF: Knowledge-based REF: 2

3. Most people can differentiate between \_\_\_\_\_ odors.

a. 250 and 500

b. 500 and 1000

c. 1000 and 2000

d. 2000 and 4000

ANS: d DIF: Knowledge-based REF: 2

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 save over the time of exposure to the smells.

d. All of the above answers are correct depending on the specific smell.

ANS: a DIF: Knowledge-based REF: 2

5. Four categories of odor classification include

a. fragrant, acid, burnt, and metallic.

b. acidic, burnt, savory, and metallic

c. fragrant, acid, burnt, and caprylic.

d. sweet, sour, burnt, and metallic.

ANS: c DIF: Knowledge-based REF: 2

6. Impressions of volatile flavor substances are provided by the sense of

a. sight.

b. smell.

c. taste.

d. sound.

e. none of the above answers is correct

ANS: b DIF: Knowledge-based REF: 2

7. The five basic taste stimuli include

a. alkaline, bitter, sour, sweet, and salty.

b. sour, sweet, acidic, bitter, and savory.

c. sweet, sour, bitter, salty, and savory.

d. unami, savory, sweet, sour, and salty.

e. savory, bitter, metallic, sour, and sweet.

ANS: c DIF: Knowledge-based REF: 3

8. The savory or *umami* taste is actually found in certain

a. simple sugars.

b. complex carbohydrates.

c. fatty acids.

d. amino acids.

ANS: d DIF: Knowledge-based REF: 3

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.

ANS: b DIF: Knowledge-based REF: 3

10. Bitterness is imparted by substances in foods such as

a. caffeine.

b. theobromine.

c. phenolic compounds.

d. alkaloids.

e. all of the above answers are correct

ANS: e DIF: Knowledge-based REF: 3

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 acid concentrations make a food taste less salty.

d. Subthreshold sugar concentrations make a food taste less salty.

e. all of the above answers are correct

ANS: c DIF: Knowledge-based REF: 4

12. Consistency is expressed in terms of

a. brittleness.

b. chewiness.

c. thinness.

d. elasticity (rubbery or gummy).

e. all of the above answers are correct

ANS: e DIF: Knowledge-based REF: 5

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.

ANS: a DIF: Knowledge-based REF: 4

14. Aroma provides about \_\_\_\_\_ percent of the impression of flavor.

a. 25

b. 50

c. 75

d. 100

ANS: c DIF: Knowledge-based REF: 4

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.

ANS: b DIF: Knowledge-based REF: 5

16. The 2010 *Dietary Guideline*s promote a healthy diet by emphasizing all of the following except

a. consuming a variety of vegetables, legumes, and whole grains.

b. eating lean meats, poultry, seafood, seeds, and nuts.

c. consuming full-fat milk products.

d. limiting added sugars.

e. all of the above answers are correct

ANS: c DIF: Knowledge-based REF: 6

17. MyPlate

a. provides directions from the Academy of Nutrition and Dietetics as to the amounts of food required to give you the nutrients you need.

b. is a list of dietary recommendations concerning diet, exercise, and other lifestyle factors (e.g., alcohol consumption).

c. is a pictorial illustration of the concepts of the 2010 *Dietary Guidelines*.

d. provides nutrient intake recommendations for all Americans aged 2 through 65.

ANS: c DIF: Knowledge-based REF: 6

18. The Academy of Nutrition and Dietetics suggests that properly planned vegetarian diets may reduce the risk of

a. heart disease.

b. some cancers.

c. diabetes mellitus.

d. hypertension.

e. all of the above answers are correct

ANS: e DIF: Knowledge-based REF: 8

19. Functional foods may

a. impart a physiological benefit that enhances overall health.

b. help prevent or treat a disease or condition.

c. improve physical or mental performance.

d. all the above answers are correct

ANS: d DIF: Knowledge-based REF: 9

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.

ANS: a DIF: Knowledge-based REF: 11

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.

ANS: b DIF: Knowledge-based REF: 12

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

ANS: b DIF: Knowledge-based REF: 12

23. Which of the following religious groups focuses its dietary laws on three major issues: Kosher animals allowed, blood not allowed, and the mixing of milk and meat is also not allowed?

a. Mormons

b. Orthodox Jews

c. Muslims

d. Buddhists

ANS: b DIF: Knowledge-based REF: 13

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

ANS: c DIF: Knowledge-based REF: 13

25. The predominant source of information about nutrition for most consumers is

a. radio.

b. magazine advertisements.

c. newspaper.

d. television.

e. family and friends.

f. nutrition classes.

ANS: d DIF: Knowledge-based REF: 14

26. The term *organic*

a. refers to food products that have been produced without most synthetic pesticides and fertilizers.

b. refers to food products made with crops that have not been genetically modified.

c. refers to food products made from livestock that have been raised without antibiotics or hormones.

d. excludes food products that have been irradiated.

e. only answers a and c are correct

f. only answers a, b and c are correct

g. answers a, b, c, and d are correct

ANS: g DIF: Knowledge-based REF: 16

**True/False**

1. The number of different foods now available makes it more difficult today than ever before to plan a nutritious diet.

ANS: T DIF: Knowledge-based REF: 1

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

ANS: T DIF: Knowledge-based REF: 2

3. The perception that a continuously present smell gradually decreases over time is called adaptation.

ANS: T DIF: Knowledge-based REF: 2

4. Approximately 75% of the impression of a food’s flavor comes from taste and odor.

ANS: F DIF: Knowledge-based REF: 4

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

ANS: F DIF: Knowledge-based REF: 4

6. Threshold concentration is the maximum concentration required to detect a substance.

ANS: F DIF: Knowledge-based REF: 4

7. Food packaging protects flavor against vaporization of the volatile compounds.

ANS: T DIF: Knowledge-based REF: 4

8. Changing food habits are related to the increased awareness that diet can be related to some of the leading causes of death in the United States.

ANS: T DIF: Knowledge-based REF: 6

9. The SuperTracker is a graphic representation of the 2010 *Dietary Guidelines*.

ANS: F DIF: Knowledge-based REF: 6|8

10. The key motivating factor in the selection of food is lower fat and balanced nutrient intake.

ANS: F DIF: Knowledge-based REF: 1

11. One of the least important limiting factors in the selection of food for consumption is cost.

ANS: F DIF: Knowledge-based REF: 17

12. One of the major positive attributes of genetically engineered foods is that they will not cause an allergic reaction in people who are normally allergic.

ANS: F DIF: Knowledge-based REF: 15-16

13. A concern regarding genetically engineered food is that “gene contamination” might occur.

ANS: T DIF: Knowledge-based REF: 16

14. The term *kosher* is the general term applied to foods that are clean in any religion or faith.

ANS: F DIF: Knowledge-based REF: 13

15. The ethnic influences on the American food supply are largely due to our diverse minorities, increased travel, and increasing communication distances.

ANS: T DIF: Knowledge-based REF: 11

16. Nutrigenomics relies on nutritional biochemistry to explain why differences in genes cause variations in absorption, circulation, or metabolism of essential nutrients.

ANS: T DIF: Knowledge-based REF: 11

**Matching**

**Definition choices:**

a. relating to the sense of smell

b. combined sense of taste, odor, and mouthfeel

c. a description of a food’s firmness or thickness

d. relating to the sense of taste

e. capable of evaporating like a gas into the air

1. volatile

2. gustatory

3. olfactory

4. flavor

5. consistency

**Key:**

1. ANS: e DIF: Knowledge-based REF: 2

2. ANS: d DIF: Knowledge-based REF: 3

3. ANS: a DIF: Knowledge-based REF: 2

4. ANS: b DIF: Knowledge-based REF: 4

5. ANS: c DIF: Knowledge-based REF: 5

**Discussion**

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

ANS: See pp. 1-17. 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

DIF: Application-based REF: 1-17

2. 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?

ANS: See pp. 2 and 4.

DIF: Application-based REF: 2|4

3. 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.

ANS: See p. 5.

DIF: Application-based REF: 5

4. 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.

ANS: See pp. 2-5.

DIF: Application-based REF: 2-5

5. Suppose that your sister goes to Pilates and yoga classes on a regular basis; however, she still wants to get rid of a few unneeded pounds. How much weight can your sister safely lose in a week? Explain how she can use ChooseMyPlate.gov to help plan her diet. Work with her to determine how many kcalories she needs per meal/day to help her achieve her goal.

ANS: See pp. 6-8.

DIF: Application-based REF: 6-8

6. 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.

ANS: See pp. 14-17.

DIF: Application-based REF: 14-17

7. 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?

ANS: See p. 13.

DIF: Application-based REF: 13

8. Compare and contrast the ways that the United States (i.e., the FDA) and the Academy of Nutrition and Dietetics (AND) define and describe functional foods.

ANS: See pp. 9-11.

DIF: Application-based REF: 9-11

**Ready-to-Use Chapter 1 Test**

**Multiple Choice**

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a. smell.

b. sight.

c. hearing.

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e. touch.

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d. excludes food products that have been irradiated.

e. only answers a and c are correct

f. only answers a, b and c are correct

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**True/False**

1. The number of different foods now available makes it more difficult today than ever before to plan a nutritious diet.

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

3. The perception that a continuously present smell gradually decreases over time is called adaptation.

4. Approximately 75% of the impression of a food’s flavor comes from taste and odor.

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

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4. flavor

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1. By Dr. Joan Aronson of New York University. A ready-to-use test (the same questions reformatted for printing out as a test) is provided at the end of this document. [↑](#footnote-ref-1)