

S19 FDE 100 Example TEST 1

1. Honey should not be fed to children less than a year old. Why?
 - ☒ a. Because it may carry the seed-like dormant spores of the botulism bacterium (*Clostridium botulinum*), which are able to germinate in immature digestive systems and cause infant botulism.
 - b. Because honey is acidic.
 - c. Because honey could contain yeasts.
 - d. Because honey contains too much fructose.
2. Which of the following statement(s) about glycogen is/are TRUE?
 - a. Glycogen is a multibranched polysaccharide of glucose that serves as a form of energy storage in humans and animals.
 - b. Liver is the best source of glycogen as a food.
 - c. All glycogen is depleted once the animal is slaughtered.
 - ☒ d. a & c
3. You add lemon juice while making baklava syrup
 - a. to decrease sweetness
 - b. to increase crystallization
 - ☒ c. to prevent crystallization
 - d. a & b
4. _____ is the ratio of the partial vapor pressure of the food to the partial vapor pressure of the standard state water.
 - ☒ a. Water activity
 - b. Water content
 - c. Solubility
 - d. Crystallization
5. _____ result from the consumption of pathogen contaminated foods, with the variety from very mild diseases to lifelong treated diseases
 - ☒ a. Foodborne diseases
 - b. Celiac disease
 - c. Retrogradation
 - d. Lipid oxidation
6. Which of the following is true about Aspartame?
 - a. Trace amount of methanol could be produced when metabolised
 - ☒ b. It is an artificial sweetener
 - c. It is sweeter than sucralose
 - d. a & b
7. Which of the following is not true about fructose?
 - a. It is also known as fruit sugar
 - b. It is the main sugar in honey.
 - ☒ c. It is a 5 Carbon sugar as Dr. Karatay suggested.
 - d. It is sweeter than glucose.
8. Palmitic acid is _____.
 - a. an unsaturated fatty acid
 - b. palm oil
 - c. a saturated fatty acid
 - ☒ d. b and c
9. Among food oils, _____ is unique for being extracted not from a dry grain or nut, but from a fleshy fruit, and for carrying the prominent flavors of that fruit.
 - a. Cocoa butter
 - b. Palm oil
 - c. Sun flower oil
 - ☒ d. Olive oil
10. Which of the following statement(s) about lipids are true?
 - a. Lipids are hydrophilic
 - b. Lipids are hydrophobic
 - c. They carry flavour molecules and conduct heat efficiently to the surface of the food.
 - ☒ d. b & c
11. *Trans* unsaturated fatty acids _____ compared to *cis* ones.
 - ☒ a. are more linear ✓
 - b. have lower melting temperatures ✗
 - c. are more branched
 - d. a & b
12. Fats provide _____ kcal/ gram whereas CHOs provide _____ kcal/g.
 - a. 4/9
 - b. ☒ 9/4
 - c. 4/4
 - d. 9/9
13. Inside of bread remains white during baking because
 - ☒ a. water content inside is higher than the crust thus Maillard browning occurs at a low rate
 - b. pH is more acidic
 - c. gluten inhibits Maillard browning
 - d. of caramelisation inside the bread
14. Fish oil is a good source of ω6 fatty acid.
 - ☒ a. TRUE
 - b. FALSE
15. Which of the following describes standard corn syrup?
 - a. It is also known as invert sugar.
 - ☒ b. It is obtained by starch hydrolysis and also known as glucose syrup.
 - c. It is a syrup that contains high amount of fructose.
 - d. It is a syrup that is made by mixing maple syrup with honey.

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16. The reason why walnut tastes bitter if exposed to air is :
- a. Maillard
 - b. caramelization
 - c. browning
 - d. lipid oxidation
17. The wheat used for pasta making is known as
- a. Triticum durum
 - b. *Triticum aestivum*
 - c. *Triticum cerevisia*
 - d. *Triticum typhi*
18. Maillard browning occurs more in boiled potato compared to fried ones
- a. TRUE
 - b. FALSE
19. Which of the following does not contain gluten?
- a. Wheat
 - b. Barley
 - c. Rice
 - d. Rye
20. Which of the following affect microbial growth on foods?
- a. Water activity
 - b. pH
 - c. Temperature
 - d. All of the above
21. When you put starch into a solution and start heating;
- a. Starch granules begin to swell
 - b. Caramelization starts
 - c. Maillard browning occurs
 - d. Retrogradation occurs immediately