

## 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 acid
  - 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  $\omega 6$  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 browning
  - b. caramelization
  - c. lipid oxidation
  - d. sugar inversion
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