

Exercise 1 Answers

Option 1

A-Wheat	F-None
A-Wheat	F-None
G-Wheat + Soy	J-Soy
C-Wheat + Soy + Milk	J-Soy

Option 2

J-Soy	F-None
J-Soy	F-None
G-Wheat + Soy	A-Wheat
C-Wheat + Soy + Milk	A-Wheat

Option 3

F-None	J-Soy
F-None	J-Soy
A-Wheat	G-Wheat + Soy
A-Wheat	C-Wheat + Soy + Milk

Exercise 2 Answers**Option 1**

N-Milk	L-None
N-Milk	L-None
P-Milk + Egg	T-Milk
P-Milk + Egg	T-Milk

Option 2

L-None	N-Milk
L-None	N-Milk
T-Milk	P-Milk + Egg
T-Milk	P-Milk + Egg

Option 3

L-None	L-None
N-Milk	N-Milk
T-Milk	T-Milk
P-Milk + Egg	P-Milk + Egg

Option 4

L-None	L-None
N-Milk	N-Milk
P-Milk + Egg	T-Milk
P-Milk + Egg	T-Milk

Option 5

L-None	L-None
N-Milk	N-Milk
T-Milk	P-Milk + Egg
T-Milk	P-Milk + Egg

Option 6

L-None	L-None
T-Milk	T-Milk
P-Milk + Egg	N-Milk
P-Milk + Egg	N-Milk

Option 7

L-None	L-None
T-Milk	T-Milk
N-Milk	P-Milk + Egg
N-Milk	P-Milk + Egg

Option 8

T-Milk	L-None
T-Milk	L-None
P-Milk + Egg	N-Milk
P-Milk + Egg	N-Milk

Option 9

L-None	T-Milk
L-None	T-Milk
N-Milk	P-Milk + Egg
N-Milk	P-Milk + Egg

Option 10

L-None	L-None
N-Milk	T-Milk
N-Milk	T-Milk
P-Milk + Egg	P-Milk + Egg

Option 11

N-Milk	L-None
N-Milk	L-None
T-Milk	P-Milk + Egg
T-Milk	P-Milk + Egg

Exercise 3 Answers**Option 1**

W-None	I-Soy + Wheat
Y-Soy	E-Soy + Wheat + Milk
Y-Soy	E-Soy + Wheat + Milk
I-Soy + Wheat	E-Soy + Wheat + Milk

Option 2

I-Soy + Wheat	W-None
E-Soy + Wheat + Milk	Y-Soy
E-Soy + Wheat + Milk	Y-Soy
E-Soy + Wheat + Milk	I-Soy + Wheat

Option 3

W-None	Y-Soy
E-Soy + Wheat + Milk	Y-Soy
E-Soy + Wheat + Milk	I-Soy + Wheat
E-Soy + Wheat + Milk	I-Soy + Wheat

Option 4

Y-Soy	W-None
Y-Soy	E-Soy + Wheat + Milk
I-Soy + Wheat	E-Soy + Wheat + Milk
I-Soy + Wheat	E-Soy + Wheat + Milk

Option 5

W-None	Y-Soy
Y-Soy	I-Soy + Wheat
E-Soy + Wheat + Milk	I-Soy + Wheat
E-Soy + Wheat + Milk	E-Soy + Wheat + Milk

Option 6

W-None	Y-Soy
I-Soy + Wheat	Y-Soy
I-Soy + Wheat	E-Soy + Wheat + Milk
E-Soy + Wheat + Milk	E-Soy + Wheat + Milk

Exercise 4 Answers**Option 1**

H-Pecan	Z-Almond + Pecan
H-Pecan	Z-Almond + Pecan
R-Pecan + Walnut	O-Almond + Pecan + Walnut
R-Pecan + Walnut	O-Almond + Pecan + Walnut

Option 2

Z-Almond + Pecan	H-Pecan
Z-Almond + Pecan	H-Pecan
O-Almond + Pecan + Walnut	R-Pecan + Walnut
O-Almond + Pecan + Walnut	R-Pecan + Walnut

Option 3

H-Pecan	H-Pecan
R-Pecan + Walnut	Z-Almond + Pecan
R-Pecan + Walnut	Z-Almond + Pecan
O-Almond + Pecan + Walnut	O-Almond + Pecan + Walnut

Option 4

H-Pecan	H-Pecan
Z-Almond + Pecan	R-Pecan + Walnut
Z-Almond + Pecan	R-Pecan + Walnut
O-Almond + Pecan + Walnut	O-Almond + Pecan + Walnut

Option 5

H-Pecan	R-Pecan + Walnut
H-Pecan	R-Pecan + Walnut
Z-Almond + Pecan	O-Almond + Pecan + Walnut
Z-Almond + Pecan	O-Almond + Pecan + Walnut

Option 6

R-Pecan + Walnut	H-Pecan
R-Pecan + Walnut	H-Pecan
O-Almond + Pecan + Walnut	Z-Almond + Pecan
O-Almond + Pecan + Walnut	Z-Almond + Pecan

Exercise 1 Answer

INGREDIENTS: **SEMOLINA, DURUM, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID**

Exercise 2 Answer

INGREDIENTS: **SLICED ALMONDS, SALT, TOMATO MALTODEXTRIN, SUGAR, WHEY, CHEDDAR CHEESE SOLIDS (MILK, CHEESE CULTURES, SALT, ENZYMES), ONION, GARLIC, BUTTERMILK, NATURAL FLAVOR, NATURAL FLAVOR, CITRIC ACID, SPICE, NONFAT DRY MILK, EXTRACTIVES OF PAPRIKA, TUMERIC, AND BASIL**

Exercise 3 Answer

INGREDIENTS: CORN SYRUP, **WHEAT FLOUR**, CITRIC ACID, ARTIFICIAL FLAVOR, RED 40

Exercise 4 Answer

INGREDIENTS: RECONSTITUTED VEGETABLE JUICE BLEND (WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH, SALT, VITAMIN C (ASCORBIC ACID), NATURAL FLAVORING, CITRIC ACID
NO ALLERGENS

Exercise 5 Answer

INGREDIENTS: WATER, **HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, WHEAT)**, RED WINE VINEGAR, TOMATO PASTE, **WORCESTERSHIRE SAUCE** (VINEGAR, MOLASSES, HIGH FRUCTOSE CORN SYRUP, ANCHOVIES, WATER, HYDROLYZED SOY AND CORN PROTEIN, ONION, TAMARIND, SALT, GARLIC, CLOVES, CHILI PEPPER, NATURAL FLAVOR, SHALLOTS), DATE PASTE, NATURAL FLAVOR, YEAST EXTRACT, ONION JUICE, SALT, GUAR GUM, SODIUM BENZOATE, GARLIC JUICE, SUGAR, CORN SYRUP SOLIDS, SPICES

Bonus Question Answers

- (1) Soy and wheat
- (2) Anchovies and soy

Exercise 6 Answer

INGREDIENTS: CANOLA OIL, SUNFLOWER OIL, SOYBEAN OIL, **SOY LECITHIN**, DIMETHYL SILICON, AND PROPELLANT

Exercise 7 Answer

INGREDIENTS: BEEF, BROWN SUGAR, LESS THAN 2% OF SALT, SPICES, AND NATURAL FLAVORINGS, NATURAL SMOKE FLAVOR, SODIUM NITRITE
NO ALLERGENS

Exercise 8 Answer

INGREDIENTS: **LIGHT TUNA**, WATER, **VEGETABLE (SOY) BROTH**, SALT

Exercise 9 Answer

INGREDIENTS: RICE SYRUP, COCOA (PROCESSED WITH ALKALI), GLYCERIN, RICE FLOUR, SUGAR, **WHEAT STARCH**, **SOY PROTEIN ISOLATE**, HONEY, FRACTIONATED PALM KERNEL OIL, **WHEY**, MALTODEXTRIN, NATURAL FLAVOR, CANOLA OIL, **LACTOSE**, DEXTROSE, SALT, **SOY LECITHIN**

Exercise 10 Answer

INGREDIENTS: POPPING CORN, PALM OIL, LESS THAN 2% OF: SALT, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVOR, **BUTTER (CREAM, ANNATTO)**, COLOR ADDED, TBHQ AND CITRIC ACID

Exercise 11 Answer

INGREDIENTS: WHOLE GRAIN ROLLED OATS, DEHYDRATED APPLES, SUGAR, SALT, CINNAMON, CALCIUM CARBONATE, NATURAL FLAVORS, CITRIC ACID, GUAR GUM, SUCRALOSE, NIACINAMIDE, VITAMIN A PALMITATE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN MONONITRATE, FOLIC ACID
NO ALLERGENS

Exercise 12 Answer

INGREDIENTS: **BULGAR WHEAT**, SALT, PARSLEY, ONIONS, MOLASSES, GARLIC, SPEARMINT, HONEY, BLACK PEPPER

Exercise 13 Answer

INGREDIENTS: CHICKEN STOCK, CORN, POTATOES, WHITE CHICKEN MEAT, CARROTS, CELERY, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: VEGETABLE OIL, **WHEAT FLOUR**, FLAVORING, DEHYDRATED ONIONS, POTASSIUM CHLORIDE, SUGAR, SALT, COLORADDED, **SOY PROTEIN CONCENTRATE**, YEAST EXTRACT, **DEHYDRATED BUTTER (CREAM, SALT)**, SODIUM PHOSPHATE, **DEHYDRATED BUTTERMILK**, **HYDROLYZED SOY PROTEIN**, BETA CAROTENE, SPICE, SEA SALT, DEHYDRATED GARLIC, **NATURAL FLAVORING (EGG, SOY, SESAME)**, DISODIUM GUANYLATE, DISODIUM INOSINATE, DEHYDRATED CHICKEN, CHICKEN FAT, NATURAL SMOKE FLAVORING

Bonus Question Answers

- (1) Cream
- (2) Egg and soy

Monday Answers

Option 1

Formula E
Allergen Changeover
Formula C
Formula A
Formula B
Allergen Changeover
Formula D

Option 2

Formula C
Formula A
Formula B
Allergen Changeover
Formula E
Allergen Changeover
Formula D

Option 3

Formula D
Allergen Changeover
Formula C
Formula A
Formula B
Allergen Changeover
Formula E

Option 4

Formula D
Allergen Changeover
Formula E
Allergen Changeover
Formula C
Formula A
Formula B

Option 5

Formula E
Allergen Changeover
Formula D
Allergen Changeover
Formula C
Formula A
Formula B

Tuesday Answers**Option 1**

Formula E
Formula A
Allergen Changeover
Formula I
Allergen Changeover
Formula O

Option 2

Formula E
Formula A
Allergen Changeover
Formula O
Allergen Changeover
Formula I

Option 3

Formula O
Allergen Changeover
Formula E
Formula A
Allergen Changeover
Formula I

Option 4

Formula I
Allergen Changeover
Formula E
Formula A
Allergen Changeover
Formula O

Option 5

Formula I
Allergen Changeover
Formula O
Allergen Changeover
Formula E
Formula A

Option 6

Formula O
Allergen Changeover
Formula I
Allergen Changeover
Formula E
Formula A

Wednesday Answers**Option 1**

Formula Y
Formula Q
Formula Z
Allergen Changeover
Formula X
Formula P

Option 2

Formula X
Formula P
Allergen Changeover
Formula Y
Formula Q
Formula Z

Option 3

Formula Y
Formula Q
Formula X
Formula P
Allergen Changeover
Formula Z

Thursday Answers

Option 1

Formula K
Formula L
Allergen Changeover
Formula M
Allergen Changeover
Formula H
Formula G

Option 2

Formula K
Formula L
Allergen Changeover
Formula H
Formula G
Allergen Changeover
Formula M

Option 3

Formula M
Allergen Changeover
Formula K
Formula L
Allergen Changeover
Formula H
Formula G

Option 4

Formula M
Allergen Changeover
Formula H
Formula G
Allergen Changeover
Formula K
Formula L

Option 5

Formula H
Formula G
Allergen Changeover
Formula K
Formula L
Allergen Changeover
Formula M

Option 6

Formula H
Formula G
Allergen Changeover
Formula M
Allergen Changeover
Formula K
Formula L

Friday Answers**Option 1**

Formula S
Formula Y
Formula N
Formula R
Formula Z

Option 2

Formula S
Formula Y
Formula R
Formula N
Formula Z

Option 3

Formula Y
Formula S
Formula N
Formula R
Formula Z

Option 4

Formula Y
Formula S
Formula R
Formula N
Formula Z