

Nutrition and Food Science Certification Test-Study Guide

Soft Skills

What is the difference between an application and a resume? An application is a formal document created by an employer which gives your credentials, personal info. Dates of employment and dates of employment. A resume is a formal document that provides an overview of your professional qualifications, relevant work experience, skills, education, and notable accomplishments.

Food Safety and Sanitation

The temperature danger zone range is 41-135.

What is FAT TOM? The condition that must be controlled in order to keep food safe-Food, Acid, Time, Temperature, Oxygen, and Moisture.

The main cause of food borne illness in the U.S. is bacteria.

What food borne illness is associated with contaminated poultry? Salmonella

Know proper storage of food such as the maximum amount of time that food can be left out safely is 2 hours-Cool down, 2 hours from 135 to 71 degrees and then 4 additional hours to get it from 70-41.

What are the proper steps in handwashing? What is the minimum amount of time that it takes to complete proper handwashing? 20 seconds, entire process 30.

Which foodborne illness is associated with cruise ships? Norovirus-transmitted through contaminated food or water or through contact with infected individuals. It causes gastroenteritis-vomiting, diarrhea, headaches. Common also in winter and groups such as schools, nursing homes, and restaurants.

Which foodborne illness is associated with dented cans?

What are the three safe ways to thaw frozen foods according to Servsafe? In cool water no higher than 70 in a sink, in a microwave and then cook it, or in the refrigerator.

Nutrients, Food Groups, and Governmental Agencies

Eating carbohydrates, especially complex carbohydrates, will provide the body with a great amount of? Energy

What is a calorie dense food? Contains a high number of calories in a small amount of food. Examples include; avocado, oils, fatty meats, French fries, butter.

What is nutrient dense food? A food that is high in lots of nutrients for low amount of calories. Examples are liver, seaweed, leafy greens such as kale, spinach, arugula, broccoli, cauliflower, brussel sprouts.

Protein is important in building muscles and is important to an athletic person? True or False

Water is even more important to athletes to keep them hydrated.

How many nutrients are there? 6-protein, carbs, water, vitamins, minerals, and fats.

What are the essential nutrients? Cannot be produced by the body.

My Plate includes how many food groups?

Which vitamin, in excess, can cause birth defects. Vitamin A-uses to treat severe acne.

If a protein contains all the essential amino acids, it is a _____ Protein.

How many calories per gram do carbohydrates and protein provide?

How many calories does fat provide?

Know how to calculate servings in a container-Example question: John ate an entire container of Pringles and each serving contains 150 calories. If there are 7 servings per container how many calories did he consume, A. 150, B. 1050, C. 2000, D 2250. Answer is 1050

What plant-based foods contain complete protein? Soy, grains such as quinoa, amaranth, edamame, Farro, lentils, tofu, chick peas and peanuts.

What does the Delaney Clause identify? This was part of the US Food, Drug, and Cosmetic laws which state that no cancer causing agent, shall be deliberately added to or found as a contaminant in food.

Saturated fats should account for what percent of a person's total daily calorie intake? 5-6% or under 10%.

To lose one pound of body fat a person must burn how many calories? 3500 so 500 a day will take 1 week.

Macronutrients provide the body with calories. What nutrients are macronutrients? Fats, protein, carbohydrates.

Know which vitamins are fat soluble. A, D, E, K

There are four factors that influence the number of calories and nutrient needs of a person; age activity level, body size and what? Gender

Fat helps to cushion organs and what? Insulate the body and help prevent heat loss.

Know the function of Vitamin A, C, and D. Vitamin A is responsible for reproduction, bone development and immune system health. Also helps the heart, liver, and lung function properly.

Vitamin C is responsible for growth development and repair of all body tissues, and formation of collagen.

Vitamin D-Supports muscle function and bone health.

What is cholesterol and why do we need to limit it? Fatty substances our body makes enough of. Why do we need to limit it? Too much can form deposits on the walls of your blood vessels and lead to plaque build-up which narrows the vessels and restricts blood flow to and from your heart and other organs which can cause angina (chest pain) or heart attack.

Which government assistance program provides meals and nutrition services to help older adults meet their nutritional needs? The Food and Nutrition Service (FNS) has programs that cater to our nation's seniors, age 60 and over. The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Food.

What are the differences in the National School Lunch Program and WIC Women and Independent Children. WIC-Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC program - serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care.

National School Lunch Program-The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

FDA, FSIS, and CDC are governmental agencies that have a role in making sure food is safe on the Federal, Local or State level? Food Safety and Inspection Service. Ensuring that commercial supplies of meat poultry and eggs are safe. FSIS is state level.

What is BMI-Body Mass Index-guide to assess the ratio of a person's body weight to his height.

DRI-Dietary Reference Intake-current standard for nutrient intake in the US

Food Labels

What is required on the new food label? Daily Values, Added Sugars, Vitamin D and Potassium. Amount of DV%. What is required on the new label-serving sizes, updated, bold font, calories are displayed in larger print.

The protein found in wheat which many people today have an intolerance to is? Gluten

When a food label says the product is enriched, what does that mean? Enriched means vitamins or minerals have been added to the food to replace the original ones that were lost during processing.

When a food label says the product is fortified, what does that mean? Vitamins or minerals have been added to the food . nutrients are absent originally and then added to prevent deficiencies.

Where does a Nutrition Facts Panel appear? Principal display panel or info panel

Food Science

I will give you an example of a food science question- The three types of heat transfer are Conduction, Convection, and Radiation. Heat transfer occurs between objects by direct contact. Is? A. Radiation, Conduction, Convection, Direct-Answer is Conduction.

What are the steps in the Scientific Method? 1. Ask a question about an observation 2. Background research to learn what is already known on a topic 3. Construct a hypothesis 4. Perform an experiment to test hypothesis 5. Analyze data 6. Communicate results

Mass is measured in what? Kilograms

A person studying chemistry would write water as? H₂O

Know which group is found in carbohydrates and written as -OH. Is a hydroxyl group. Composed of 1 oxygen atom covalently bonded to one hydrogen.

During denaturation, which type of bonds are broken? Hydrogen bonds (noncovalent bonds)

Know which of the following beverages are bases and which are acid; buttermilk, coffee, lemonade, and milk. Acid-buttermilk, coffee, lemonade. Milk is a base.

What is viscosity? The viscosity of a fluid is a measure of its resistance to deformation at a given rate. For liquids, it corresponds to the informal concept of "thickness": for example, syrup has a higher viscosity than water. Syrup has a higher viscosity than water.

What should you put on fruit to prevent it from darkening? Acidic juice-enzymatic browning.

Eating Disorders and Special Diets

A vegan cannot eat any what? Animal products.

An Ovo—lacto vegetarian eats no animal products except for? Eggs and milk.

A person that practices a strict vegan diet can get their daily supply of protein from what foods? Lentils, beans, peanuts, ancient grains, soy.

What is the difference between anorexia and bulimia. What are some effects of these two eating disorders on the body? What are the signs that someone is suffering from one of these eating disorders? Anorexia, bad body image, eating only little amounts, moving food around the plate, thinking they are fat even when they are not, and exercising excessively. Excessive fear of gaining weight. Thin, insomnia, fatigue, thinning hair, dry and yellowish skin, dehydration, eroded teeth, periods are not regular.

Bulimia-Binge and purge. An eating disorder characterized by regular, often secretive bouts of overeating followed by self-induced vomiting or purging, strict dieting, or extreme exercise, associated with persistent and excessive concern with body weight. Can develop heart problems, digestive issues, mental health problems, calluses on fingers.

Digestion

What are the two types of digestion? Mechanical and Chemical-amylase, salvia are chemical

Chewing is which type? Mechanical

What is the difference between appetite and hunger? Appetite is an emotional need for food, a natural desire to satisfy a bodily need, especially for food:" he has a healthy appetite" hunger is the physical need for food.

What is peristalsis? Radically, symmetrical contraction and relaxation of muscles that propagate in a wave down a tube pushing the contents forward.

Colon is another name for what? Large intestine.

The thick liquid from the stomach that breaks down food mechanically through peristalsis is which of the following; A. Gastric juice, B. Saliva, C. Villi, D. Chyme. Chyme

What is the function of the large intestine in the digestive process? Stores waste then ejects them outside the body through the anus-feces.

The correct order of the path of organs that food travels through in the digestive system is? GI tract to mouth to esophagus, stomach, small and large intestines to anus.

Food allergies and Food Intolerance

What is the difference in food allergies and food intolerances? Food allergies are the body's reaction to a food-immune system reaction that occurs soon after eating a certain food.

Food intolerance is when a person cannot tolerate a certain food even in small amounts. A detrimental reaction to a food or beverage produces a symptom in 1 or more body organs.

If you are diagnosed with a peanut allergy, what should you do? No eating peanuts.

Know the 8 most common food allergens. Milk, soy, egg, wheat, peanuts, tree nuts, fish and shellfish.

Food allergies impact a person's? Immune system, digestive system, or ability to maintain potassium.

Influences on food choices-

There are three types of influences on food choices; cultural, psychological, and social.

Advertising and going to dinner with friends would be which of the influences? Social

If a person has had a bad experience with a food when they were younger and now cannot eat the food, this is an example of which of the influences on food choice above? psychological

If you live in an area where there is not a nearby grocery store or local restaurants you are living in a food desert.

Pregnancy

What Vitamin should a pregnant woman increase as soon as she finds out she is pregnant which will help prevent some birth defects? Vitamin A, Folate (birth defects) B6, B12 and D3.

Pregnancy is calculated in trimesters.

What are early signs that you might be pregnant? Missed period, sore breast.

What is the role of the placenta? Provide oxygen and nutrients to your growing baby. Also remove wastes from the baby's blood.

Many risks are associated with teen pregnancy such as low birth weight and prematurity. What are some other risks? Doesn't get the prenatal care they need, financial burden, have to drop out of school, emotional risk.

What is engorgement? Happens when milk isn't fully removed from the breast, red, hot, large and very sore.

How often do breastfed babies feed? Every 2-3 hours.

What is the best way to thaw or warm breast milk? Warm water in a cup and place the bottle in water.

Infants should never be fed because of the risks of botulism? Honey

Why can't infants be fed cow's milk? Milk may lead to iron deficiency and risk of dehydration.