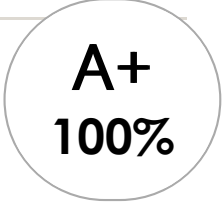


17 Multiple choice questions



A+
100%

1. a type of protein found in grains that will stretch and form the structure of a flour product
 - a. amines
 - b. allergen
 - c. **CORRECT: gluten**
 - d. glutamates

2. chemicals involving the amino acid glutamate, found naturally in all plants and animals; gives foods a savoury flavour
 - a. **CORRECT: glutamates**
 - b. salicylates
 - c. amines
 - d. gluten

3. sets out conditions that must be met before food is sold
 - a. food challenge
 - b. food intolerance
 - c. food allergy
 - d. **CORRECT: Food Standards Code**

4. an adverse response by the immune system to milk protein in the diet
 - a. food allergy
 - b. **CORRECT: milk allergy**
 - c. allergen
 - d. food challenge

5. a group of chemicals found in all plant foods, particularly fruit and fruit juices, herbs, spices, nuts and many beverages
 - a. glutamates
 - b. **CORRECT: salicylates**
 - c. amines
 - d. antibodies

6. a personal response to a specific chemical or group of chemicals found in food, such as salicylates, amines or glutamates; the response may be similar to that of a food allergy but does not involve the immune system
 - a. food challenge
 - b. lactose intolerance
 - c. food allergy
 - d. **CORRECT: food intolerance**

7. an unexpected response or effect as a result of consuming a substance
 - a. **CORRECT: adverse reactions**
 - b. line extensions
 - c. salicylates
 - d. allergen

8. an allergy to gluten
 - a. salicylates
 - b. **CORRECT: coeliac disease**
 - c. amines
 - d. antibodies

9. after following an elimination diet, the reintroduction into the diet of substances suspected of causing a food allergy or intolerance
 - a. food allergy
 - b. milk allergy
 - c. food intolerance
 - d. **CORRECT: food challenge**

10. an immune reaction to a protein in food that the body identifies as foreign
 - a. milk allergy
 - b. allergen
 - c. **CORRECT: food allergy**
 - d. food challenge

11. proteins that circulate in the blood to combat bacteria, viruses and other toxins
 - a. salicylates
 - b. glutamates
 - c. amines
 - d. **CORRECT: antibodies**

12. a group of chemicals produced when protein foods are aged, fermented or start to break down
 - a. **CORRECT: amines**
 - b. gluten
 - c. antibodies
 - d. allergen

13. a protein that the body identifies as foreign, promoting an immune system response
 - a. **CORRECT: allergen**
 - b. gluten
 - c. amines
 - d. milk allergy

14. a condition that results when an individual has some degree of difficulty in digesting lactose
 - a. coeliac disease
 - b. food intolerance
 - c. food challenge
 - d. **CORRECT: lactose intolerance**

15. relatively minor changes to a company's existing products by incorporation of such features as new flavours, packaging and serving sizes
 - a. **CORRECT: line extensions**
 - b. allergen
 - c. adverse reactions
 - d. salicylates

16. foods that surpass the basic nutrients found in foods that have proven health benefits
- a. glutamates
 - b. antibodies
 - c. elimination diet
 - d. **CORRECT:** functional foods
17. a specific food pattern that is used to determine food intolerances; it contains a narrow selection of foods that are unlikely to cause reactions, with challenges then introduced one by one
- a. glutamates
 - b. amines
 - c. **CORRECT:** elimination diet
 - d. antibodies