17 Multiple choice questions

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