

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Midterm Study Guide

Mr. Sapura's Food Science

1. How long should you wash your hands for before you begin preparing food?
2. The food DANGER ZONE - the temperature range that food should be kept below or above is....
3. List the 3 types of food contamination:

4. List what type of food contamination best matches the scenarios listed below.

- a. You clean your cat litter box and then make a pop tart. \_\_\_\_\_
- b. Strawberries from a region that has sprays them for pests. \_\_\_\_\_
- c. Water from a stream used to wash fruit. \_\_\_\_\_
- d. Metal shards in ground beef. \_\_\_\_\_

5. Use the Foodborne Illness handout complete the box below.

<http://www.fda.gov/downloads/Food/FoodbornellnessContaminants/UCM187482.pdf>

FBI	Symptom	Food Source
	Abdominal cramps, vomiting	Eggs and unpasteurized milk
	Dark urine, diarrhea, jaundice (yellow skin and eyes), flu-like.	Raw produce and pre-prepared foods (restaurant).
	Diarrhea, blurred-vision, trouble swallowing, paralysis.	Improperly canned foods, fermented fish.

6. Food that has been genetically modified has had what specifically done to it?
7. List the crops grown in the USA that commonly contain GMO's.
9. List the possible benefits or pro-arguments, and the possible negative effects or con-arguments for using or growing GMO foods. (this needs to be one discussed in class or presented by a group...not just something you think up):
- Pro:
- Con:
10. The three biological molecules in food (and you) are:
11. Plants produce what simple sugar through photosynthesis (this is the basic building-block for more complex sugars as well)?
12. The main sugar in fruit is?
13. Table sugar is called what?
14. Starch and cellulose (also known as dietary fiber) are what type of carbohydrate?

15. Starch serves what function as food source?

16. List three food sources that are high in starch:

17. The two general types of lipids we looked at in class were:

18. One gram of lipids supplies \_\_\_\_\_ energy as a gram of carbohydrate.

19. Lipids are **insoluble** in water, which means what?

20. Lipids:	<u>Type</u>	<u>Saturated or Unsaturated</u>	<u>Food Source(s)</u>
	<b>Fat</b>		
	<b>Oil</b>		

21. Proteins serve what two main functions in biological systems?

22. What are the individual building blocks of proteins (these together form long, complex chains and three-dimensional structures)?

23. There are \_\_\_\_\_ amino acids that commonly occur in nature, and \_\_\_\_\_ of these our bodies cannot make (synthesize). We refer to these as “\_\_\_\_\_” amino acids.

24. **Enzymes** serve what function in our bodies?

25. Amylase is an enzyme found secreted by what two organs in your body?

26. What function does amylase serve?

26. Food is chemically and mechanically broken down in what part of your body?

27. Your body has several secretory organs (salivary glands, pancreas, liver, and gall bladder) - these organs main functions are to do what?

28. Most of the nutrient absorption from food takes place in what part of your body?

29. Be able to label all the parts of the diagram shown below.

