

Food additives

1. What are food additives?
 - a) substances added to food to preserve flavour or enhance taste;
 - b) losing control over their eating behaviour (overeating);
 - c) vitamins & supplements.
2. Which of these is NOT a role of food additives?
 - a) Enhancing the flavour of food;
 - b) Providing additional calories to food;
 - c) Changing the colour of food.
3. Vinegar is used to pickle foods. In this instance, vinegar is acting as a(n)?
 - a) Thickener;
 - b) Preservative;
 - c) Antioxidant.
4. Which of the following is NOT a type of food additives?
 - a) Aspartame;
 - b) Colouring;
 - c) Thickener.
5. What is the function MSG?
 - a) To make food last longer;
 - b) To enhance the taste of food;
 - c) To make food more attractive.
6. How many general categories of food additives are there?
 - a) 3;
 - b) 4;
 - c) 2.
7. Which additives are used for the purpose of restoring nutrients lost or degraded during production?
 - a) sensory agents;
 - b) processing agents;
 - c) nutritional additives.
8. Which is probably the oldest known antimicrobial agent?
 - a) NaOH;
 - b) NaBr;
 - c) NaCl.
9. Which sentence is untrue?
 - a) Boric acid has been banned;
 - b) High levels of MSG leads to Chinese Restaurant Syndrome;
 - c) Food additives need not be numbered or labelled.
10. Statement 1: Food additives are divided into direct and indirect types. Statement 2: Direct food additives become a part of the food during packaging. These are in trace amounts.
 - a) True, False;
 - b) True, True;
 - c) False, False.
11. Which food additives can be used in unlimited quantities?

- a) E 942 Nitrous oxide;
 - b) E 123-Amaranth;
 - c) E 160 b-Annatto, bixin, norbixin.
12. Can you prepare food without additives?
- a) Yes;
 - b) No.
13. Which one is the worst food additive?
- a) Inulin;
 - b) Trans fat;
 - c) Cellulose.
14. How do I know what kind of food additives are in my store bought food?
- a) You cannot know;
 - b) On the list of ingredients on the products packaging;
 - c) There's no food additives in store bought food.
15. Which of these products do not have colouring in them?
- a) Nuts and seeds;
 - b) Sweets like "Skittles";
 - c) Chewing gum.