

Name: _____

Date: _____

BLM 13-7

Chapter 13 Practice Test

For questions 1 to 6, write the term from Column B that completes the sentence in Column A.

A	B
<p>1. A statement that give you information about a product is an _____.</p> <p>2. Another name for heartburn is _____.</p> <p>3. Sugar and _____ are two types of carbohydrates.</p> <p>4. A _____ person asks questions when reading advertising claims.</p> <p>5. A _____ tells you if a substance is acidic or basic.</p> <p>6. A _____ food can contain 3 grams of fat or less per serving.</p>	<p>a) acid reflux</p> <p>b) media literate</p> <p>c) sugar</p> <p>d) starch</p> <p>e) advertising claim</p> <p>f) basic</p> <p>g) low-fat</p> <p>h) pH scale</p>

7. The label on a juice box claims, "no sugar added!"

a) How can you find out if the juice contains any sugar?

b) If it does, where did the sugar come from?

c) What advice would you give about buying juice?

8. List four different names for sugars that you might find in foods.

a) _____

b) _____

c) _____

d) _____

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(continued)

- 9.** Some people think they should eat a fat-free diet. Is that true? YES NO
Explain why or why not.

- 10.** Read the following advertising claim. Answer the questions that follow.
"Eighty-three percent of all doctors surveyed recommend Pain Gone to help relieve muscle aches and pains!"

a) Who is giving support to this product? _____

b) What claim is being made? _____

- c)** Can the company claim that the product completely relieves pain?
YES NO Explain.

- 11.** List three pieces of information on a Nutrition Facts label.

a) _____ **b)** _____

c) _____

- 12.** Circle the advertising claims that gives the clearest message. Explain why.

a) Each Fiesta burger provides only 300 calories.

b) Tummy Tamer helps control stomach acids.

c) Research shows that Sunny Orange Juice is good for you.

- 13. a)** A slice of regular processed cheddar cheese has 12 g of fat. A similar slice of reduced-fat cheddar cheese has 6 g of fat. Does reduced-fat mean that the cheese does not contain any fat? YES NO Explain.

b) What advice would you give someone about eating reduced-fat cheese?
