

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

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

**BLM 13-8**

## Chapter 13 Test

For questions 1 to 7, write the term from Column B that completes the sentence in Column A.

A	B
1. Food makers are required to put a _____ on food products.	a) low-fat
2. A food that is _____ contains no more than 0.5 grams of fat per serving.	b) food label
3. An _____ neutralizes an acid.	c) pH scale
4. A more accurate name for heartburn is _____.	d) antacid
5. A _____ tells you if a substance is an acid or a base.	e) starch
6. A _____ food can contain 3 grams of fat or less per serving.	f) fat free
7. Starch and sugars are _____.	g) carbohydrates
	h) acid reflux

8. Decide whether each of the following statements is true or false. If it is false, rewrite it to make it true.

a) **True/False** Acid reflux is caused by the backflow of acids from the small intestine into the stomach.

\_\_\_\_\_

b) **True/False** You should eliminate all fat from your diet.

\_\_\_\_\_

c) **True/False** Saturated fat raises blood levels of bad cholesterol.

\_\_\_\_\_

d) **True/False** Fructose and maltose are types of starch.

\_\_\_\_\_

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(continued)

- 9.** Read the following advertising claim. Answer the questions that follow.

“Seventy-eight percent of all dentists surveyed recommend Much-Bright toothpaste to help prevent tooth decay!”

**a)** Who is giving support to this product? \_\_\_\_\_

**b)** What claim is being made? \_\_\_\_\_

**c)** Can the company claim that the product completely prevents decay?  
YES      NO      Explain.

**d)** What are two questions about the toothpaste that you might ask before buying it?

- 10.** Read the food label for this popular brand of pop.

**a)** How many calories are in this can of pop?

**b)** How much sugar is in this can of pop?

**c)** How much of your daily intake of carbohydrates would you get if you drank two cans of this pop in one day?

Nutrition Facts	
Valeur nutritive	
Per 1 can (355 mL) / Pour 1 cannette (355 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	110
Fat / Lipides	0 g 0%
Sodium / Sodium	20 mg 1%
Carbohydrates / Glucides	40 g 10%
Sugars / Sucres 40 g	
Protein / Protéines... 0 g	
Not a significant source of saturates, trans, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Source négligible de saturés, trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.	

- 11.** Circle the sugars on this list of ingredients.

water	sugar	glucose	fructose
caramel colour	natural flavours	caffeine	phosphoric acid