

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.

Name: _____

Date: _____

BLM 13-8
(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