

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

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

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

**BLM 13-7**  
(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?

\_\_\_\_\_