

BLM Answers

BLM 13-3 Testing for Fats in Foods

2. Students will probably include foods such as butter, meat, and cream.
8. butter, margarine, cream, and both luncheon meats
9. skim milk and water
10. butter, margarine, cream, and luncheon meats
11. skim milk and water
12. The water was used as a control. Distilled water does not contain fat or oil.

BLM 13-4 Calculating the Density of Coke Classic™ and Diet Coke™

2.

Per Can	Coke Classic™	Diet Coke™
a) Amount (mL)	355 mL	355 mL
b) Calories	160	0
c) Fat (g)	0 g	0 g
d) Sodium (g)	40 mg	50 mg
e) Carbohydrates (g)	42 g	0 g
f) Sugars (g)	42 g	0 g
g) Protein (g)	0 g	0.1 g
h) Ingredients	carbonated water, sugar/glucose-fructose, caramel colour, phosphoric acid, natural flavours, caffeine	carbonated water, caramel colour, phosphoric and citric acid, aspartame, sodium benzoate, caffeine

6. Answers will vary slightly. Ensure that students have been careful when measuring the mass of the cylinder and pop. The graph should have a title and both axes should be titled and labelled.
7. Density of Coke Classic™: approximately 1.07 g/mL.
8. Density of Diet Coke™: approximately 1.02 g/mL.
9. Coke Classic™ is more dense.
10. Coke Classic™ contains 42 g of sugar while Diet Coke™ contains only 100 mg of aspartame.

BLM 13-5 Acid Reflux

1. a) Acid reflux is caused by stomach acid splashing back into the esophagus.
- b) Answers will vary. Some lifestyle modifications include:
 - Do not smoke.
 - Do not drink alcohol.
 - Lose weight.
 - Eat small meals.
 - Wear loose-fitting clothing.
 - Avoid lying down for 3 hours after a meal.
 - Raise the head of your bed 15–20 cm by putting blocks of wood under the legs at the head end—just using extra pillows will not help.
- c) Answers will vary.

BLM 13-6 Neutralizing Acids

2. Answers may vary. The pH of an acidic solution increases when you add a base.

Liquid	pH
Distilled water	7.0
Vinegar (weak acid)	2.2
Baking soda (weak base)	8.2
Mixture: vinegar + baking soda	between pH 4–6

4. a) pH of distilled water is neutral
- b) pH of vinegar is acidic
- c) pH of baking soda is basic
5. b) the pH of the vinegar increased (more basic)
6. Yes. A base added to an acid neutralizes the acid.
7. Yes. Baking soda would make a good antacid because it is a base.

BLM 13-7 Chapter 13 Practice Test

1. e) advertising claim
2. a) acid reflux
3. d) starch
4. b) media literate
5. h) pH scale
6. g) low-fat
7. a) Look on the Nutrition Facts label.
- b) The sugar came from the fruit in the juice.
- c) Answers will vary. Sample answers:
 - Drink juice for the nutrients such as vitamins and minerals that it contains.
 - Drink juice in moderation as part of a balanced diet.

8. Any four sugars from the chart on page 287 in the student resource.
9. No. Look for one supporting point such as:
- fats give energy
 - fats protect the body from heat and cold
 - fats are part of all cells and help cells work
10. a) doctors
 b) Pain Gone helps relieve muscle aches and pains.
 c) No. “Helps” does not mean “completely.” Using “helps” is a vague technique that tricks people into thinking that it means the same as “completely.”
11. a)–c) Look for three pieces of information such as:
- number of calories per serving
 - size of a serving
 - amounts of different nutrients in a serving
12. a) Each Fiesta burger provides only 300 calories. Answers may vary. Sample answer:
- It provides a verifiable fact.
13. a) No. It means that it contains 50% less fat than regular cheese.
 b) Eat reduced-fat cheese in moderation because it still contains a lot of fat.

BLM 13-8 Chapter 13 Test

1. b) food label
2. f) fat free
3. d) antacid
4. h) acid reflux
5. c) pH scale
6. a) low-fat
7. g) carbohydrates
8. a) F. Acid reflux is caused by the backflow of acids from the stomach into the esophagus.
 b) F. Some fat is essential to your health.
 c) T
 d) F. Fructose and maltose are types of sugar.
9. a) dentists
 b) Much-Bright tooth paste helps prevent tooth decay.
 c) No. “Helps” does not mean “completely.” Using “helps” is a vague technique that tricks people into thinking that the product “completely” prevents tooth decay.
 d) Answers may vary. Sample answers:
 - What are the active ingredients in this tooth paste?
 - Will I still get cavities if I use this product?
 - Is there anything else I have to do to prevent tooth decay?
10. a) 110 b) 40 g c) $2 \times 10\% = 20\%$
11. sugar, glucose, fructose