

**IS THAT REALLY IN
MY FOOD**

2.0 HRS

ILLINOIS CHILD CARE BUREAU

Name _____ Phone _____

Address _____ City _____ Zip _____

Provider Signature

Date Completed

1. The Food and Drug Administration maintains a list of over _____ ingredients in its data base.
2. What is the difference between direct and indirect food additives? _____

3. List the three primary uses for food additives: 1) _____
2) _____
3) _____
4. What do leavening agents do when added to foods? Name one: _____

5. List three names of popular sweeteners that you routinely see listed on food labels:

6. What considerations does the USDA look at when evaluating the safety of a substance (food additive)?

1) _____ 2) _____
3) _____ 4) _____
7. Aspartame is found in more than _____ grocery items.
8. Partially hydrogenated vegetable oil is also know as _____ fat on the Nutrition Facts Label.
9. Saccharin is _____ times sweeter than sugar.
10. The U.S. Food and Drug Administration (FDA) maintains the _____
_____ to track reactions to food and/or food additives.

TRUE OR FALSE

11. ____ Before refrigeration, salts were used to preserve meats and fish.
12. ____ All food additives are carefully regulated to ensure that foods are safe to eat and are accurately labeled.
13. ____ Preservatives can slow spoilage caused by mold, air, bacteria, fungi or yeast.
14. ____ Vitamins, minerals and fiber are added to many foods to make them taste better.
15. ____ Glycerin is a humectant that helps with moisture retention in marshmallows and shredded coconut.
16. ____ Egg yolks and soy lecithin are leavening agents.
17. ____ Food additives are believed safe for most people most of the time.
18. ____ Food manufacturers are required to list all ingredients in the food on the label.
19. ____ Additives are subject to the same strict safety standards regardless whether they are artificial or natural.
20. ____ FD&C Yellow No. 5 might cause hives in 1 out of 10 people.