



- Q1 The functional food term was first introduced in Japan in_____.
- 1980s
 - 1990s
 - 1970s
- Q2 Functional foods were first regulated by_____.
- FDA
 - FOSHU
 - FUFOSE
 - EUFIC
- Q3 The most studied and well established probiotics are_____.
- Lactulose and Polydextrose.g
 - FOS and Lactulose.
 - Oligofructose and Inulin.
 - Lactobacillus
- Q.4 Soya foods are rich in_____.
- Lycopene.
 - Ellagic acid.
 - Isoflavones and phytoestrogens.
 - Lutein
- Q.5 The American Heart Association has recommended_____ intake of fish oil in 24 hrs.
- 500 mg
 - 100mg
 - 250 mg
 - 1000mg
- Q6 Foodborne infections occur when people eat:
- Poisons produced by microorganism
 - Live, pathogenic microorganisms
 - Strong chemicals
 - Food with a pH of 8.5
- Q7 HACCP stands for
- Hazard Analysis for Critical Care Patients.
 - Health and Critical Care Problems.
 - Hazard analysis and critical care Points
 - Hazard Analysis Control Center Plan
- Q8 Which of the following is NOT an approved thawing method?
- Under cold, running water at 70 degrees F
 - In a refrigerator at 38 degrees F
 - In a covered sanitary pan at 75 degrees F
 - In a microwave, then placed immediately on a stove
- Q9 Approximately 70% of diarrheal diseases are foodborne.
- 50%
 - 10%
 - 70%
 - 100%
- Q10 Cats and Cockroaches from Premises of a Hospital as Pathogen-loaded Bullets for _____ Infections
- Nosocomial Infection
 - Chest infection
 - Eye Infection
 - Stomach Infection