Food Science Augusta State University March 5, 2005

Partic	ipant Name(s):	
answe	<u> </u>	cated place or specified format. Improper e 50 minutes to complete this test. You r.
1. (4)	Distinguish between digestible ar	nd indigestible carbohydrates. (2)
	Digestible (1)	
	Indigestible (1)	
2. (5)	You have a food that you know of that it could be.	ontains starch . Check all of the foods
	milk	oatmeal
	bread	corn
	cereal	ham
	eggs	lettuce
	fish	
	beans	
3. (5)	Listed below are the ingredients that could be classified as carbol	on a food label. Check all the food items hydrates.
	sugar	mono and diglycerides
	Maltose	sodium phosphate
	vegetable oil	cocoa
	high fructose corn	lecithin
	syrup	spices
4. (5)	a. What chemical is used to test	for starch? (2)
	b. If you used the above chemic	al, what color will a food containing
	starch be? (2)	
	c. What color will a food that do	es not contain starch be? (1)
		• •

5. (5) Determine the number of grams of carbohydrates/8 oz serving in each of the following and enter the value in the chart. Arrange the food in order of carbs/8 oz. Enter the words High, Middle, Low in the chart. Begin with the highest carb containing food first.

Food	Serving size	Carbs/serving	Carbs/8oz	Ranking
Α	2 oz	8 g		
В	4oz	18 g		
С	6 oz	20g		

6. (4)	a. C	heck the food that is a good source of	fiber. (1))
		cheese sandwich	;	salad
		macaroni and cheese	1	taco
	b. W	hy do people require fiber in diet? (2)		
		ame one disease that has been assoc		
	(1)		
7. (5)	Check 	ceach food in the list below that contain cheese		h. plain yogurt
		apple	1	turkey
		bread	1	taco shells
8. (10)	carbo	ck all foods in the list below containing phydrates.	_	
		_ carrots		roast beef
		_ milk		walnuts
		_ celery		eggs
		_ cola		
		_ pear		
		_ apple juice		

	b. V	Why are complex o	carbohydrates he	ealthier than simp	le carbohydr
		Which of these foo all that apply fruit juice		o complex carbol	nydrates? Ch milk
		cola			— coffee cak
					conee cak bean burri
		donut			_ Deall Dulli
*10.	a. (3) In which part of	the human body	/ are carbohydrat	es digested?
	_				
	b. V	Where will digested	d carbohydrates	be absorbed in tl	ne human bo
11 (3	- 8) Bac	toria can bo grown	o in tost tubos co	entaining specific	ingradients
,	as va yello bact lacto	teria can be grown arious sugars. If th ow; if they cannot u eria are grown in to ose, fructose, and	ne bacteria can u use a sugar, the ubes containing	use the sugar, the liquid will remain one of the follow esults appear bel	e liquid will tu red. Four dif ing: sucrose
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