

Adventures in Food and Nutrition! © 2012
Chapter 12: Smart Shopping—Interactive Quiz Questions

- _____ 1. Neighborhood grocery stores have more food choices and lower prices than supermarkets.
A. true
B. false
- _____ 2. Which is *not* a specialty food store?
A. Cheese shop.
B. Butcher shop.
C. Bakery.
D. Discount food store.
- _____ 3. Staple foods have been grown on farmland that has *not* been treated with human-made pesticides or weed killers.
A. true
B. false
- _____ 4. Organic meats are from farm animals that received no drugs or hormones to speed their growth rate.
A. true
B. false
- _____ 5. Organic foods are _____.
A. more nutritious to eat than other foods
B. more costly than other foods
C. safer to eat
D. All the above.
- _____ 6. Comparison shopping is when you make an unplanned purchase.
A. true
B. false
- _____ 7. The least expensive foods are usually _____ brands.
A. name
B. store
C. generic
D. organic
- _____ 8. A food additive is any substance added to foods.
A. true
B. false

Name _____ Date _____

- _____ 9. The nutrient content claim "very low sodium" means a food has _____ sodium.
- A. fewer than 5 milligrams
 - B. at least 50% less
 - C. 140 milligrams or fewer
 - D. 35 milligrams or fewer
- _____ 10. A universal product code (UPC) is a series of black lines, bars, and numbers printed on food labels to identify the product.
- A. true
 - B. false