



QUIZ 1- MEMORANDUM Food Processing - Answer the following questions:

- a) True or false: Sailors from hundreds of years ago did not eat processed food.

False

- b) What is the difference between minimally processed food and highly processed food?

**Minimally processed food has a short shelf life, moves quickly from farm to shop and has very little salt, sugar, fats or additives added to it
Highly processed food has a long shelf life and this is done because of the addition of preservatives, colouring, additives and flavourings.**

- c) Which of the following is not a processed food: biltong, fresh fruit, canned tuna

Fresh fruit

- d) True or false: Processing of food can also add in nutrients.

True

- e) The original product of bread (flour) is _____.

Wheat

- f) The original product of fried chips (fries) is _____.

Potatoes

- g) Peanut butter is processed form of _____.

Nuts

- h) Sulphur dioxide is a _____.

Preservative

- i) Food colouring is an _____ .

Additive

- j) We need to read food _____ to check what they contain.

Labels