

Study Guide for Food Ingredient Safety Specialist Certification Exam

Be able to answer these questions

What makes a substance toxic? According to the current risk assessment system vs the reality of what happens in our bodies over time.

How do your genes respond to your diet and the allowable contaminants in food ingredients? PON1 gene, BDNF gene, and MT gene - know these genes, what they need to build proteins and what these proteins do for you.

What are common pesticides in the food supply and how do you get exposed to them? Where are they found in the food supply?

What common heavy metals are found in different food ingredients?

What are different countries doing, if anything, about the food ingredient issues?

How are different populations around the world responding to the Standard American Diet? What characterizes the SAD and what do certain ingredients such as HFCS do to your system?

How do the food ingredients get GRAS status? What is the history behind food ingredient quality standards?

Know how to create a safe food environment at home.

What foods are you or your client no longer going to purchase because they are a source of heavy metal or pesticide exposure?

What foods can cause calcium and zinc loss which can compromise your body's ability to eliminate heavy metals or breakdown pesticides?

Looking at the food pyramid on page 133 of your textbook, what kind of foods are at the bottom of the pyramid? How would you describe these foods?

What foods are at the top of the food pyramid on page 133? Why are these foods at the top of the pyramid? How often should you be eating them compared to the other foods in the pyramid?

What are examples of good fat?

What are examples of foods containing bad fat?

What are examples of foods containing good fat?

What kinds of fish and shellfish are lower in mercury?

Which foods are high in zinc and protein? Hint: Table 8.1 on page 140

What are examples of foods containing bad carbs?

What are examples of foods containing good carbs?

How can you reduce pesticide exposures from produce?

What kind of symptoms may a child show when s/he is allergic to a certain ingredient or food?

Tip

Be sure to review your reading guides – Chapters 1-8. As you review your reading guides be aware of the questions above that I want you to be able to answer.

In creating the next seventy-five question exam, I will rewrite the questions you answered on your reading guides to cover and evaluate your knowledge on these same concepts. You need to understand the concepts.

SEE THE FLOW CHART ON NEXT PAGE after you study – If you can understand it, then you will be able to pass the test.

