



4. What are some benefits to eating organic foods?

5. What are the benefits of eating locally grown foods?

6. What does GMO stand for?

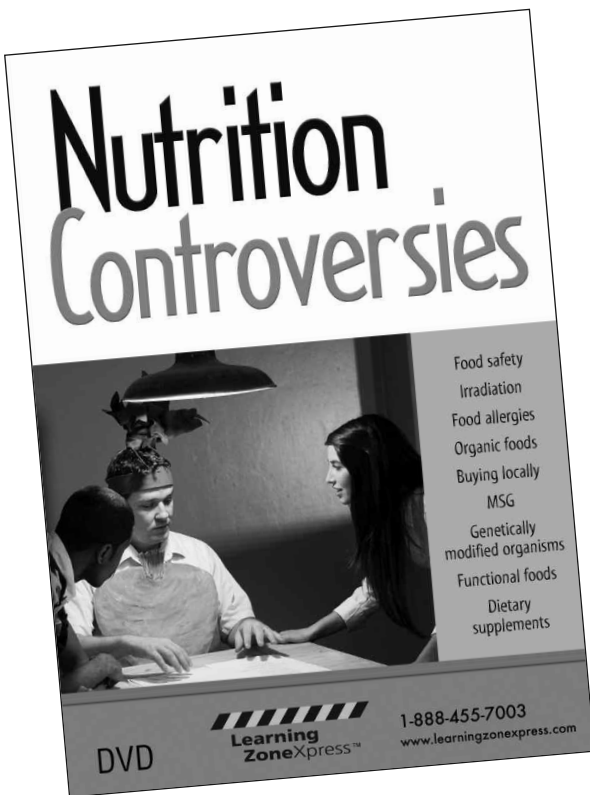
7. What is MSG? What is the controversy?

8. What are functional foods?

9. How can you know if a dietary supplement is safe?



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## TEACHER'S KEY

# Review

**Directions:** After watching “*Nutrition Controversies*”, answer the following questions.

1. Foods can become unsafe to eat if not handled properly. What are the steps foods take to get to the consumer's table that could be the source of contamination?

***Farm, processing, transportation, point of purchase, and the consumer all are responsible for the safety of food.***

2. What is food irradiation? Why is it controversial?

***Food irradiation is using energy waves to sterilize food. It kills bacteria without using heat. Irradiations controls mold in grains, extends the shelf life of fresh fruit and vegetables, and kills bacteria in meat.***

***It is controversial because some think it's better to eliminate unsanitary slaughtering conditions instead of sterilizing contaminated meat and some confuse it with radiation from nuclear active particles.***

3. What is a food allergy?

***It is when an immune system mistakenly believes that a food is harmful. It can trigger hives, swelling of the mouth, difficulty breathing, and even death.***



4. What are some benefits to eating organic foods?

***Organic foods are better for the environments because it reduces greenhouse gasses and prevents topsoil erosion. Pesticides aren't used, so it protects natural ecosystems, which can be harmful to other plants and animals. Less exposure to antibiotics, which may decrease their effectiveness and cause resistant strains of bacteria to develop with overuse.***

5. What are the benefits of eating locally grown foods?

***Less carbon dioxide is released from transportation and energy used to power greenhouses. Foods are the fresher because they haven't been sitting in a truck for days getting to your table.***

6. What does GMO stand for?

***Genetically Modified Organism***

7. What is MSG? What is the controversy?

***MSG (monosodium glutamate) is a food additive that comes from the amino acid glutamic acid. Glutamates enhance the savory flavor of foods and are found naturally in cheese, milk, meat, peas, and mushrooms. MSG has been said to cause "Chinese Restaurant Syndrome" but has been studied for over 40 years and no link has been found.***

8. What are functional foods?

***Functional foods provide more than just basic nutrition. They also provide nutrients that reduce the risk of disease and promote good health.***

9. How can you know if a dietary supplement is safe?

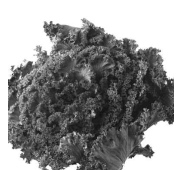
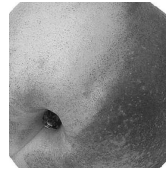
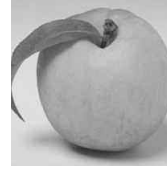
***Check for the USP seal, which means a product has undergone voluntary testing and contains the nutrients listed in the amounts stated on the label. Check the expiration date and check the RDA's to make sure you're not getting too much of certain nutrients.***



Buy  
Organic

## Most Chemical Residue

Peaches  
Apples  
Bell Peppers  
Celery  
Nectarine  
Strawberries  
Cherries  
Lettuce  
Kale



Buy  
Traditional

## Least Chemical Residue

Onions  
Avocados  
Corn  
Pineapple  
Mango  
Asparagus  
Watermelon  
Sweet Potatoes  
Broccoli  
Kiwi

