

Foods - Field to Table Exam 1 Practice (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which are the three parts of a wheat kernel?**
 - A. Endosperm, Bran, Germ**
 - B. Endosperm, Hull, Germ**
 - C. Bran, Hull, Germ**
 - D. Endosperm, Germ, Embryo**

- 2. What percentage is attributed to Healthfulness in the listed factors influencing food choices?**
 - A. 71%**
 - B. 38%**
 - C. 51%**
 - D. 90%**

- 3. Which statement is true about toxins in foods?**
 - A. There are lots of toxic compounds naturally present in foods at very low levels**
 - B. No toxins occur in natural foods**
 - C. Toxins in foods are always harmful at any level**
 - D. Only processed foods have toxins**

- 4. Canned goods and frozen foods each account for about what percentage of industry revenue?**
 - A. 25%**
 - B. 45%**
 - C. 60%**
 - D. 75%**

- 5. The term "no preservatives added" has the false connotation of improved quality. Which statement best captures this idea?**
 - A. It Indicates Higher Nutritional Value**
 - B. It Implies True Safety**
 - C. It Has The False Connotation Of Improved Quality**
 - D. It Ensures Longer Shelf Life**

- 6. Economically secure people living in stable environments are free to engage in broader issues about their food choices. What is the primary goal when obtaining food?**
- A. Obtaining enough food is the primary goal, rather than being selective about how the food was grown or processed**
 - B. Choosing the cheapest options**
 - C. Selecting only organic foods**
 - D. Catering to dietary fads**
- 7. Compared to protein or starch-based foods, fruit juices are harder to dry.**
- A. Easier to dry**
 - B. Harder to dry**
 - C. Similar to drying**
 - D. Cannot be dried**
- 8. FAT TOM is a memory aid for six conditions pathogens need to flourish. Which of the following is NOT one of them?**
- A. Fat**
 - B. Food**
 - C. Acidity**
 - D. Oxygen**
- 9. Which step is the seventh in the process?**
- A. Delivery to retail outlets**
 - B. Mixing**
 - C. Dough slicing**
 - D. Proofing**
- 10. Which foods are cited as natural toxins at very low levels?**
- A. Peach, Kiwi, Beets**
 - B. Bread, Pasta, Rice**
 - C. Milk, Cheese, Yogurt**
 - D. Beef, Pork, Chicken**

Answers

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1. A
2. A
3. A
4. B
5. C
6. A
7. B
8. A
9. A
10. A

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Explanations

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1. Which are the three parts of a wheat kernel?

- A. Endosperm, Bran, Germ**
- B. Endosperm, Hull, Germ**
- C. Bran, Hull, Germ**
- D. Endosperm, Germ, Embryo**

Understanding the three parts of a wheat kernel helps explain both nutrition and milling. A wheat kernel is made up of endosperm, bran, and germ. The endosperm is the large, starchy center that stores energy and is what flour is mostly made from when refined. The bran are the outer protective layers that provide fiber and minerals. The germ is the embryo portion that contains oils and vitamins and has the potential to sprout into a new plant. Refining flour removes much of the bran and germ, leaving mostly endosperm, which is why whole-wheat flour retains the bran and germ for more nutrition. The hull isn't counted as a separate part in this common anatomy, and the embryo is the same as the germ, so listing both would be duplicative. So the three parts are endosperm, bran, and germ.

2. What percentage is attributed to Healthfulness in the listed factors influencing food choices?

- A. 71%**
- B. 38%**
- C. 51%**
- D. 90%**

Healthfulness often sits as a major driver of what people choose to eat. In this item, Healthfulness is tied to 71 percent, which is the highest value among the options. That means, among the factors shown, health considerations are seen as the strongest influence on food choices. The other percentages are lower, so they don't indicate Healthfulness as the dominant factor in this list.

3. Which statement is true about toxins in foods?

- A. There are lots of toxic compounds naturally present in foods at very low levels**
- B. No toxins occur in natural foods**
- C. Toxins in foods are always harmful at any level**
- D. Only processed foods have toxins**

Toxins can be present in foods naturally at very low levels, often as plant defenses or minor byproducts of storage or fermentation. Those tiny amounts are usually not harmful for typical consumption, and food safety practices aim to keep exposure well below any risk. For example, some plants contain small amounts of naturally occurring toxins, and improper storage can allow mold-produced toxins to form. Because how much you eat and how your body handles it matters, a substance isn't automatically dangerous just because it's in food, and toxins can also arise during processing or storage. So this statement is true, while the others aren't accurate: natural foods can contain toxins, toxins aren't always harmful at any level, and toxins aren't limited to processed foods.

4. Canned goods and frozen foods each account for about what percentage of industry revenue?

- A. 25%
- B. 45%**
- C. 60%
- D. 75%

Understanding how revenue is split among the big packaged-food categories helps you see why a mid-point figure like 45% fits. Canned goods and frozen foods stay in high demand because they offer long shelf life and real convenience, so each of these segments can capture a substantial slice of total industry revenue. Saying each accounts for about 45% signals that both categories are large and influential in the market, shaping merchandising, production, and retailer strategies. If the number were much smaller, it would diminish the perceived importance of these formats; if it were much larger, it would leave too little room for other significant categories like beverages, dairy, snacks, or fresh produce.

5. The term "no preservatives added" has the false connotation of improved quality. Which statement best captures this idea?

- A. It Indicates Higher Nutritional Value
- B. It Implies True Safety
- C. It Has The False Connotation Of Improved Quality**
- D. It Ensures Longer Shelf Life

The idea being tested is how labeling can shape what people think about a product. The phrase "no preservatives added" is a marketing cue that can make consumers feel the product is higher quality, fresher, or more natural, even though that isn't guaranteed by the label. It signals that no preservatives were added, but it doesn't provide information about quality, safety, or nutrition. That mismatch between perception and reality is the false connotation at play. It doesn't claim higher nutritional value, true safety, or longer shelf life, so the statement that best captures this idea is that it has the false connotation of improved quality.

6. Economically secure people living in stable environments are free to engage in broader issues about their food choices. What is the primary goal when obtaining food?

A. Obtaining enough food is the primary goal, rather than being selective about how the food was grown or processed

B. Choosing the cheapest options

C. Selecting only organic foods

D. Catering to dietary fads

The main idea is that when basic nourishment is ensured, people can start considering other aspects of food. The primary goal when obtaining food is to secure enough nourishment—enough calories and essential nutrients—to meet a person’s needs. Economically secure individuals in stable environments have the freedom to focus on whether their intake covers those needs before worrying about other concerns like how the food was grown or processed. After nourishment is guaranteed, evaluating factors such as quality, sustainability, or personal values becomes more relevant. The other options reflect preferences or cost considerations, but they don’t capture the essential purpose of obtaining food for basic sustenance.

7. Compared to protein or starch-based foods, fruit juices are harder to dry.

A. Easier to dry

B. Harder to dry

C. Similar to drying

D. Cannot be dried

Drying behavior depends on both the material’s internal structure and how water moves to the surface. Fruit juices are mainly water with a lot of dissolved sugars and other solids. As water is removed, those dissolved components become more concentrated, making the surface sticky and viscous. That stickiness slows water diffusion to the surface and can cause crusting or clumping, which hinders further moisture removal. In contrast, proteins and starches tend to form more open, porous solid matrices during drying, which allows water to migrate to the surface more readily and drying proceeds more easily. So the high sugar content and resulting sticky surface of fruit juice make it harder to dry than protein- or starch-based foods.

8. FAT TOM is a memory aid for six conditions pathogens need to flourish. Which of the following is NOT one of them?

- A. Fat**
- B. Food**
- C. Acidity**
- D. Oxygen**

FAT TOM highlights six environmental conditions that allow pathogens to flourish in foods: Food, Acidity, Temperature, Time, Oxygen, and Moisture. Fat isn't part of this list because fat content isn't a condition that pathogens require to grow. It's a nutrient in food, but the growth environment is shaped by how much nutrient is available (Food), how acidic the environment is (Acidity), how warm or cold it is (Temperature), how long the conditions persist (Time), whether oxygen is present (Oxygen), and how much moisture is available (Moisture). By controlling any of these factors, you can slow or prevent growth. So Fat isn't one of the six growth-conditions, which is why it's not included in FAT TOM.

9. Which step is the seventh in the process?

- A. Delivery to retail outlets**
- B. Mixing**
- C. Dough slicing**
- D. Proofing**

In a bread production flow, the focus is on moving the finished product to customers. The seventh step is delivery to retail outlets because, after the dough has been mixed, formed, proofed, baked, cooled, and packaged, the logical next action is to transport the finished bread to stores where customers can buy it. This step closes the production-to-sale loop and makes the product available for purchase. The other steps occur earlier in the process: mixing is an initial step that combines ingredients; proofing happens during fermentation before baking; dough slicing is a final preparation step that typically occurs closer to packaging and sale, not as the seventh action in the overall sequence.

10. Which foods are cited as natural toxins at very low levels?

- A. Peach, Kiwi, Beets**
- B. Bread, Pasta, Rice**
- C. Milk, Cheese, Yogurt**
- D. Beef, Pork, Chicken**

Some foods naturally contain tiny amounts of compounds that can be toxic if eaten in large quantities, but are generally safe in typical servings. peaches have cyanogenic compounds in the seeds that can release a small amount of cyanide if the pit is crushed or chewed, while kiwi and beets contain oxalates. These toxins exist at very low levels in the edible portions, so they're considered safe for ordinary consumption, though very high intake or certain health conditions can make them more of a concern. That's why this trio is cited as natural toxins present at very low levels.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://foodsfieldtortable.examzify.com>

We wish you the very best on your exam journey. You've got this!

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