

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. Benzoates and sorbates used in combination with low temperatures extend the shelf life of minimally processed juice drinks. Which option matches this statement?**
 - A. Sulfites And Sugar
 - B. Benzoates And Sorbates Used With Low Temperatures
 - C. Vinegar Addition
 - D. High-Temperature Processing
- 2. After fruits and vegetables are picked, water loss to air leads to loss of what pressure?**
 - A. Turgor pressure
 - B. Osmotic pressure
 - C. Atmospheric pressure
 - D. Hydrostatic pressure
- 3. Which step is the third in the process (after mixing and dough slicing)?**
 - A. Proofing/second rise
 - B. Baking
 - C. Cooling
 - D. Slicing and packaging
- 4. What is the primary purpose of blanching vegetables before freezing?**
 - A. To inactivate enzymes that would deteriorate food during storage
 - B. To sterilize vegetables completely
 - C. To remove moisture from vegetables
 - D. To caramelize sugars
- 5. The purpose of cooling fruits and vegetables is to preserve pre-harvest freshness and flavor and to extend storage life. Which option best represents this purpose?**
 - A. To Preserve Pre-Harvest Freshness And Flavor And To Extend Storage And Shelf Life
 - B. To Dehydrate Produce Quickly
 - C. To Accelerate Ripening
 - D. To Increase Microbial Growth

6. What are consumers most concerned about regarding the foods they eat?

- A. Food Product Safety and Quality
- B. Price
- C. Origin
- D. Packaging

7. Flavor is defined as the combination of which senses?

- A. Taste and Smell
- B. Taste and Texture
- C. Smell and Texture
- D. Color and Taste

8. Transglutaminase, also known as meat glue, is:

- A. An Enzyme Used to Bind Meats Together
- B. A Vitamin Supplement
- C. A Food Coloring Agent
- D. A Preservative

9. Consumer decisions are based upon various inputs. Which statement is true?

- A. There's no such thing as a "healthy" sugar
- B. All sugars are healthy in moderation
- C. Marketing has no influence on choices
- D. Calories alone determine choices

10. Processing to enhance nutritional value includes which example?

- A. Digestibility improved by milling grains; cooking legumes
- B. Increasing sugar content in foods
- C. Skipping milling of grains
- D. Reducing digestibility

Answers

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

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Explanations

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1. Benzoates and sorbates used in combination with low temperatures extend the shelf life of minimally processed juice drinks. Which option matches this statement?

A. Sulfites And Sugar

B. Benzoates And Sorbates Used With Low Temperatures

C. Vinegar Addition

D. High-Temperature Processing

The idea being tested is how combining chemical preservatives with temperature control can extend shelf life in minimally processed juices. Benzoates and sorbates are antimicrobial agents that inhibit yeasts and molds commonly found in juice, and they're most effective in acidic products. When these preservatives are used alongside cold storage, microbial growth slows even further, giving a longer shelf life than either measure alone. That matches the statement because it describes using benzoates and sorbates in combination with low temperatures to preserve the juice. The other options don't fit this specific approach: different preservatives or methods are mentioned, or the method focuses on heat, which contradicts the "low temperatures" part.

2. After fruits and vegetables are picked, water loss to air leads to loss of what pressure?

A. Turgor pressure

B. Osmotic pressure

C. Atmospheric pressure

D. Hydrostatic pressure

Water status inside plant cells determines how firm the tissue remains. Turgor pressure is the pressure of the cell sap against the cell wall that keeps plant tissues rigid. When fruits and vegetables lose water after harvest, water moves out of the cells, the vacuole shrinks, and the internal pressure against the wall drops. As turgor pressure falls, tissues become flaccid and wilt, leading to loss of firmness and crispness. Osmotic pressure is about solute-driven water movement, not the internal pressure that maintains tissue structure, and atmospheric or general hydrostatic pressure doesn't explain the loss of firmness in this scenario.

3. Which step is the third in the process (after mixing and dough slicing)?

A. Proofing/second rise

B. Baking

C. Cooling

D. Slicing and packaging

Understanding the sequence of bread dough processing steps helps explain why the third step after mixing and dough slicing is proofing, or the second rise. After mixing, the dough is typically divided into portions (dough slicing) to create uniform pieces for shaping and baking. The next move is proofing, a controlled resting period where the dough ferments and expands, developing flavor and the light, airy crumb. If you bake without this rise, the loaf would be dense and miss the desired volume. Only after proofing does the dough go on to baking, then cooling, and finally slicing and packaging.

4. What is the primary purpose of blanching vegetables before freezing?

- A. To inactivate enzymes that would deteriorate food during storage**
- B. To sterilize vegetables completely
- C. To remove moisture from vegetables
- D. To caramelize sugars

The main idea here is that a brief heat treatment before freezing stops the chemical changes that enzymes cause in vegetables, helping them keep color, flavor, and texture during storage. Blanching in hot water or steam denatures enzymes like polyphenol oxidase and others that would otherwise cause browning, softening, or off-flavors once the produce is frozen and kept for months. By inactivating these enzymes, the vegetables stay closer to their fresh quality when you eventually thaw and eat them. It isn't intended to sterilize everything on the surface, so it won't kill all microbes or spores. It also isn't about removing moisture; some water loss can occur, but that isn't the primary goal. And caramelizing sugars requires much higher, dry heat, so blanching won't caramelize sugars in vegetables. Quick cooling after blanching is used to stop cooking and preserve texture and color.

5. The purpose of cooling fruits and vegetables is to preserve pre-harvest freshness and flavor and to extend storage life. Which option best represents this purpose?

- A. To Preserve Pre-Harvest Freshness And Flavor And To Extend Storage And Shelf Life**
- B. To Dehydrate Produce Quickly
- C. To Accelerate Ripening
- D. To Increase Microbial Growth

Cooling reduces the rate of respiration and enzymatic reactions in harvested produce. By keeping fruits and vegetables cold, aging, softening, and loss of flavor compounds occur more slowly, while moisture is conserved, helping maintain texture and taste. The cooler environment also slows the growth of spoilage microorganisms, which extends storage life and overall quality. The option that describes preserving pre-harvest freshness and flavor and extending storage life captures these effects most accurately. Choices implying rapid dehydration, accelerated ripening, or increased microbial growth don't align with what cooling achieves.

6. What are consumers most concerned about regarding the foods they eat?

- A. Food Product Safety and Quality**
- B. Price
- C. Origin
- D. Packaging

Safety and quality of foods are the main concern for consumers because the top priority is protecting health and trusting that what they buy is safe to eat and reliably high in quality. People want to avoid illness, contaminants, and mislabeled or spoiled items, and they rely on good manufacturing practices, proper handling, and accurate labeling to feel confident about their food. While price, origin, and packaging matter in decisions, they don't address the essential health risks and trust that safety and quality directly tackle, making Food Product Safety and Quality the most important concern.

7. Flavor is defined as the combination of which senses?

- A. Taste and Smell
- B. Taste and Texture
- C. Smell and Texture
- D. Color and Taste

Flavor arises from the brain combining input from taste and smell. Taste provides the basic categories—sweet, sour, salty, bitter, and umami—through the taste receptors on the tongue. Smell contributes a vast array of aromas that we detect through the nose; much of what we perceive as flavor comes from these aromas traveling retronasally as we chew and swallow. Texture and other cues affect how flavor is experienced, but the essential senses that define flavor are taste and smell.

8. Transglutaminase, also known as meat glue, is:

- A. An Enzyme Used to Bind Meats Together
- B. A Vitamin Supplement
- C. A Food Coloring Agent
- D. A Preservative

Transglutaminase is an enzyme that catalyzes covalent bonds between protein molecules, allowing pieces of meat to be glued together or forming a cohesive protein network in formed products. By cross-linking proteins (glutamine and lysine residues), it sticks meat pieces into one piece, improving texture, yield, and the ability to create uniform cuts or shapes. It's commonly used in restructured meats, processed poultry, seafood analogs, and other foods where binding small pieces into a larger, sliceable product is desired. It's not a vitamin supplement, a coloring agent, or a preservative.

9. Consumer decisions are based upon various inputs. Which statement is true?

- A. There's no such thing as a "healthy" sugar
- B. All sugars are healthy in moderation
- C. Marketing has no influence on choices
- D. Calories alone determine choices

The idea being tested is how health claims around sugar relate to real nutrition and consumer choices. Sugar itself doesn't have a healthful badge baked into its molecule. All sugars provide calories and can influence energy balance, blood sugar, and dental health. In whole foods, sugar comes with fiber, vitamins, or minerals that can make the overall food a sensible choice, but the sugar itself isn't inherently "healthy." Marketing often uses terms like "healthy sugar," which can mislead; the truth is that healthfulness depends on the food context and how much is eaten, not the sugar alone. That's why the statement is true. Other choices misrepresent the picture. Saying all sugars are healthy in moderation ignores the fact that added sugars add calories without essential nutrients and can sway intake and health risks. Claiming marketing has no influence ignores well-established evidence that advertising and labeling shape choices. And asserting calories alone determine choices oversimplifies how people choose foods, since taste, nutrients, satiety, and marketing also play major roles.

10. Processing to enhance nutritional value includes which example?

A. Digestibility improved by milling grains; cooking legumes

B. Increasing sugar content in foods

C. Skipping milling of grains

D. Reducing digestibility

Enhancing nutritional value through processing often aims to improve how well our bodies can digest foods and access their nutrients. Milling grains breaks down the kernels into smaller particles, increasing surface area and making starches more digestible, which helps with energy availability. Cooking legumes softens their tissues and reduces anti-nutrients like certain compounds that bind minerals, so minerals and proteins become more accessible and easier to absorb. Together, these processing steps show how actual practice can boost nutrition by improving digestibility and nutrient availability. The other options don't fit because increasing sugar content raises calories without adding essential nutrients, skipping milling of grains can reduce digestibility, and reducing digestibility would clearly lower nutritional value.

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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://foodsfieldtotable.examzify.com>

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

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