

What Eating Rotten Food Really Does To Your Body

Answer:

1-5	
6-10	
11-15	

1. What is the main reason the CDC's statistics on food poisoning are mentioned in the text?

- A. To highlight the severity of food poisoning's impact on society.
- B. To explain how food poisoning symptoms manifest.
- C. To introduce the topic of proper food handling.
- D. To demonstrate the effectiveness of the healthcare system.

2. Why does *Staphylococcus aureus* often contaminate foods that are not cooked after handling?

- A. Because it thrives in high temperatures.
- B. Because it is resistant to most food preservation methods.
- C. Because it survives well on unheated foods.
- D. Because it is easily killed in low temperatures.

3. What is the primary complication of food poisoning that the text warns about?

- A. Loss of appetite.
- B. Dehydration.
- C. Overhydration.
- D. Intestinal blockage.

4. Which group of people is considered to be at higher risk for severe consequences from food poisoning?

- A. Teenagers.
- B. Middle-aged persons.
- C. Tourists.
- D. Pregnant women.

5. Why is cooking meats and eggs to the correct temperature suggested as a preventative measure against food poisoning?

- A. To make them more nutritious.
- B. To improve their taste.
- C. To kill potential bacteria.
- D. To make them easier to digest.

6. What type of toxin's production in the body is associated with *E. coli* according to the text?

- A. Toxin that enhances protein production.
- B. Toxin that helps with digestion.
- C. Toxin that increases vitamin absorption.
- D. Toxin that prevents protein production.

7. According to the text, what is one reason it is important to keep fruits and vegetables separate from other foods during preparation?

- A. To keep them fresh longer.
- B. To avoid cross-contamination.
- C. To preserve their natural flavor.
- D. To reduce cooking time.

8. How does *Staphylococcus aureus* cause vomiting according to the text?

- A. By increasing body temperature.
- B. By releasing toxins that stimulate a nerve.
- C. By directly damaging stomach lining.
- D. By blocking nutrient absorption.

9. Which food item is humorously mentioned as something to avoid to prevent foodborne illnesses?

- A. Gas station sushi.
- B. Airport sandwiches.
- C. Movie theater popcorn.
- D. Street vendor hot dogs.

10. The suggestion 'when in doubt, just throw it out' is based on what principle of food safety?

- A. Maximizing food flavor.
- B. Minimizing the risk of contamination.
- C. Preventing food waste.
- D. Following expiration dates strictly.

11. According to the text, why is it particularly dangerous for babies to contract food poisoning?

- A. They may experience slower growth.
- B. They may prefer certain flavors afterwards.
- C. They may require hospitalization.
- D. They may develop food allergies.

12. What is suggested as the primary reason to wash hands after coming in contact with raw foods?

- A. To prevent skin irritation.
- B. To avoid transferring bacteria to other foods or surfaces.
- C. To keep food natural.
- D. To reduce the necessity of using utensils.

13. How does *Listeria* represent a significant threat according to the information in the text?

- A. It can cause common cold symptoms.
- B. It can be life-threatening for a fetus.
- C. It can induce long-term lactose intolerance.
- D. It can lead to nutritional deficiencies.

14. What is the function of the 'vomiting center of the brain' as described in the text?

- A. To enhance the taste of food.
- B. To control emotions related to food.
- C. To regulate nutrient distribution.
- D. To trigger the vomiting reflex.

15. What is the reason that a swallowed watermelon seed will not grow into a watermelon in your stomach according to the text?
- A. Because seeds need sunlight to grow.
 - B. Because seeds cannot survive at body temperature.
 - C. Because of the stomach's enzymes and acids.
 - D. Because seeds cannot absorb nutrients in the stomach.