

Self-Mastery Questions- Module 4

Part 1

- T/F Both USDA and FDA review your labels before they are used.
- T/F You aren't allowed to include marketing information on your label.
- T/F The principal display panel must include your statement of identity and your net weight statement.
- T/F The information panel is defined as the panel directly to the right-hand side of the front panel, and this must include nutrition facts, ingredient statement (with allergens) and the producer name and address.
- T/F Spices maybe be grouped together on the ingredient statement, unless they are being used as a colorant.
- T/F The only allergens that are specifically required to be listed on a label are: dairy, nuts, wheat, and eggs.
- T/F Nutrition fact panels are very complex and you should not try to make one yourself.
- T/F There are exemptions for small businesses from nutrition labeling.

Part 2

- T/F Wording for health claims or implied health claims is usually fairly long.
- T/F "Fresh" and "Gluten-free" are phrases you can use on a label without regulation.
- T/F You can use the USDA organic seal if you have at least 50% organic ingredients.
- T/F Your product can be recalled for only labeling issues.
- T/F USDA and FDA do not have authority to create date labeling regulations for most foods.

Key:

Part 1

Both USDA and FDA review your labels before they are used.

False, USDA will review and approve labels. FDA expects them to be correct, but doesn't review them first.

You aren't allowed to include marketing information on your label.

False, you can include it as long as there is room.

The principal display panel must include your statement of identity and your net weight statement.

True

The information panel is defined as the panel directly to the right-hand side of the front panel, and this must include nutrition facts, ingredient statement (with allergens) and the producer name and address.

True

Spices maybe be grouped together on the ingredient statement, unless they are being used as a colorant.

True, the colorants usually need to be listed individually (as do salts).

The only allergens that are specifically required to be listed on a label are: dairy, nuts, wheat, and eggs.

False, you have to include tree nuts (by name), peanuts, soy, molluscan shellfish, finfish, and sesame.

Nutrition fact panels are very complex and you should not try to make one yourself.

False. But we recommend using software that does the formatting for you.

There are exemptions for small businesses from nutrition labeling.

True

Part 2

Wording for health claims or implied health claims is usually fairly long.

True, you need to put the claim in terms of overall health and, therefore, they end up being lengthy.

“Fresh” and “Gluten-free” are phrases you can use on a label without regulation.

False, these are regulated claims and must meet certain requirements.

You can use the USDA organic seal if you have at least 50% organic ingredients.

False, you have to have 95% organic to use the seal.

Your product can be recalled for only labeling issues.

True, usually it happens with allergen labeling issues

USDA and FDA do not have authority to create date labeling regulations for most foods.

True, the only exception is baby formula.