I. FREQUENTLY ASKED QUESTIONS:

Q no.1.What is a food additive?

Ans1. Food additives are substances which are added to food which either improve the flavor, texture, colour, taste, appearance or function as processing aid. Food additives are non nutritive substances added intentionally to food, generally in small quantities, to improve its appearance, flavor, texture or storage properties. A broad definition of “food additive” is any substance the intended use of which results, directly or indirectly, in it’s becoming a component of or otherwise affecting the characteristic of any food, and which is safe under the condition of its use.

Q no.2. Why are food additives used?

Ans 2. Food additives have been developed over the years to meet the needs of food production, as making foods on a large scale is a very difficult task to making them in the kitchen at home. Additives are needed to ensure processed foods remains in a good condition throughout its journey from the factory to the shop and to the consumer at home.

Q no.3. How do stablizers work?

Ans 3. Stabilisers improve the stability of a mixture, such as an emulsion, by increasing the viscosity. Stabilisers increase the interlocking and interactions between the long chains of molecules present in an emulsion. This reduces the freedom of movement of the dispersed droplets and lessens the chance of their coming into contact and coalescing.

Q no.4. What is a color additive?

Ans 4. A color additive, as defined by regulation, is any dye, pigment, or other substance that can impart color to a food, drug, or cosmetic or to a human body. Color additives are important components of many products, making them attractive, appealing, appetizing and informative. Added color serves as a kind of code that allows us to identifiy products on sight, like candy flavors.

Q no.5. What are antioxidants? Give examples?

Ans 5. Antioxidants are those compounds that interrupt the free-radical chain reaction

involved in lipid oxidation and those that scavenge singlet oxygen. For example ascorbic acid, vitamin E, BHA, BHT, thiodipropionic acid etc.

Q no.6. What is the function of flavour enhancer?

Ans 6.Flavor enhancers magnify or modify the flavor of foods and do not contribute any flavor of their own. One of the best known, most widely used and somewhat controversial flavor enhancers is monosodium glutamate (MSG), the sodium salt of the naturally occurring amino acid glutamic acid. Yeast extract is other example; the flavor enhancing substances are the ribonucleotides. These are ten times more powerful than MSG.

Q no.7. What is sorbic acid and in which products do these occur?

Ans 7.Sorbic acid is a naturally organic compound used as a food preservative. . The activity of sorbic acid increases as the pH decreases, indicating that the undissociated form is more inhibitory than the dissociated form. In general, sorbic acid is effective up to pH 6.5. It is widely used to inhibit mold and yeasts in a wide variety of foods including cheese, baked products, fruit juices, wine, and pickles.

Q no.8. What are acidulants? Give examples.

Ans 8.Acidulants are food additives used to impart a sharp, characteristic taste to foods. They also assist in the setting of gels and to act as preservatives. Gluconolactone (dairy products), citric acid (moderately acidic fruits and vegetables), phosphoric acid (carbonated beverages), acetic acid, lactic acid, fumericacid are some examples of acidulants.

Q no.9. What are emulsifiers?

Ans 9. Emulsifiers are used to add to or modify the overall texture or mouthfeel of food products.The primary role of these agents is to allow flavors and oils to be dispersed throughout a food product Emulsifiers include natural substances such as lecithin and mono- and diglycerides as well as several synthetic derivatives.

Q10. Give some examples of nutritional additives?

Ans 10. Examples of nutritional additive are as follows:

1. Vitamins are commonly added to cereals and cereal products to restore nutrients lost in processing.
2. Addition of vitamin D to milk and of B vitamins to bread has been associated with the prevention of major nutritional deficiencies.
3. Lysine is sometimes added to cereals to enhance protein quality.
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