

MoPH health advice and information multiple-choice questions about aspartame.

Choose the correct answer from each question based on the information that you read from The Ministry of Health's health advice and information on Aspartame.

Q1) What is Aspartame?

- a) Aspartame is a substitute for sugar consisting of one amino acid, phenylalanine and other chemical compounds.
- b) Aspartame is an alternative to sugar and it is an artificial sweetener and it consists of two amino acids (phenylalanine and aspartic acid) and other chemical compounds.
- c) Aspartame is an alternative to sugar and it is a natural sweetener and it consists of two amino acids (phenylalanine and aspartic acid) and other chemical compounds.
- d) Aspartame is a natural substitute for sugar consisting of one amino acid, phenylalanine and other chemical compounds.

Q2) Who has approved and permitted the use of Aspartame in food products?

- a) United States Food and Drug Administration (since 1981)
- b) U.S. Food and Safety Administration (since 1981)
- c) The Medicines and Healthcare products Regulatory Agency
- d) The Ministry of Health (MoPH)

Q3) Although there were concerns of health risks, what did the daily intake of aspartame remain as?

- a) 0-10 mg/kg body weight
- b) 0-30 mg/kg body weight
- c) 0-40 mg/kg body weight
- d) 0-5 mg/kg body weight

Q4) The Ministry of Public Health advises consumers to follow health precautions on packaging labels:

- a) True
- b) False

Q5) What do MoPH clarify?

- a) The MoPH clarify that all products that contain aspartame are checked to ensure they comply with the regulations and standards.
- b) The MoPH clarify that all products that contain aspartame are subjected to laboratory testing periodically to ensure that they comply with the technical standards and regulations.
- c) The MoPH clarify that some products that contain aspartame are subjected to laboratory testing annually to ensure that they comply with the technical standards and regulations..
- d) The MoPH clarify that random products that contain aspartame are checked to ensure they comply with the regulations and standards.

Answer sheet

Check you answer sheet **to be provided after answering all questions**

Peer-assessment - use different colored pen for comments

- 1) b
- 2) a
- 3) c
- 4) a
- 5) b

How knowledgeable are you on the MoPH's health advice and/or information on aspartame?

Score	Achievement
0-1	Basic knowledge of health advice and/or information on aspartame.
2-3	Knowledgeable in sustaining health advice on and/or information aspartame.
4-5	Super knowledgeable of sustaining health advice and/or information on aspartame.