



## Section 11, Revision Exercises

The revision exercises help you test your knowledge of the topics covered in the guide. Each of the sections 1-10 have their own set of exercises.

### Section 1, Responsibilities and Legislation

#### Question

1. Who is responsible for making sure that a food meets the requirements set by law?
  - A. Food business operator
  - B. Food inspector
  - C. Consumer
  - D. Nobody

#### Correct answer

1. Option A is correct. Food business operators are responsible for making sure that their food meets the requirements set by law. The operator under whose name the food is sold is responsible for its labelling.

### Section 2, Mandatory Information

#### Question

Are the following statements true or false?

1. Your product is prepacked and sold to a retailer, who then sells it to consumers. You must indicate the mandatory food information in the bottle of sauce you have manufactured.
2. You can include a marking in a produced package of honey stating: "natural remedy for sore throat".
3. In foods sold in Finland, it is generally sufficient that the mandatory labelling is included in Finnish.
4. No additives are used in milk. Therefore, you are free to include a marking in your milk packaging that emphasises "no additives".
5. You are buying a lunch salad that the café staff has packaged to make the purchase faster and simpler. The salad is therefore a non-prepacked food.
6. Retail establishments must always provide mandatory information on non-prepacked foods in writing.

**Correct answers**

1. Correct.  
For prepacked food, mandatory food information must be presented directly on the packaging or on a label attached to it.
2. Incorrect.  
No medical claims may be made of foodstuffs, in other words claims that the food will prevent, treat or cure a human disease. Therefore, honey may not be marketed as a remedy for sore throat.
3. Incorrect.  
As a rule, mandatory labelling for prepacked foods must be in both Finnish and Swedish. If the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.
4. Incorrect.  
As milk does not contain additives, the marking “no additives” indicated on the packaging is misleading and therefore forbidden. When labelling food, you may not claim that it has properties for which it does not differ from other, similar foods.
5. Correct.  
Lunch salads packed for direct sale at the café, as well as, for example, products that consumers packs themselves or which are packed at their request, are all considered non-prepacked foods.
6. Incorrect.  
Retail establishments may also provide mandatory information on non-prepacked foods verbally. This requires that the consumer be informed in a clear and easily identifiable way at the place of dispatch of the food that the information is available upon request. In addition, the information must be made available in writing or electronically to the staff and supervisory authorities at the place of

dispatch. An exception to this is products with a high salt content for which information must always be provided in writing.

**Section 3, Name of the Food**

**Question**

1. Is the statement true or false?  
Depending on the situation, the name of the food should be its legal name or a customary or descriptive name.
2. Is the statement true or false?  
If a food’s brand name is sufficiently well-known, the packaging does not need to include the name of the food.
3. Which of the following may be used as names of foods?
  - A. Butter
  - B. Jelly donut
  - C. Ham and pineapple pizza
  - D. Strawberry jelly roll
  - E. Fibre bomb
  - F. Orange juice concentrate

**Correct answers**

1. Correct.  
Depending on the situation, the name of the food may be one of the following: legal name, such as cheese, butter and yoghurt, customary name, such as rye bread, or a descriptive name, such as strawberry jelly roll or curd-filled bun.
2. Incorrect.  
The name of the food must be indicated. Brand names and trademarks are optional labels, and cannot substitute the name of the food.
3. Options A, B, C, D and F are suitable as names of foods. “Fibre bomb” is a brand name and does not meet the requirements for names of foods.

## Section 4, List of Ingredients

### Question

1. Which ingredients must be emphasised in the list of ingredients for janssoninkiusaus casserole when the product contains the following ingredients:  
potato, sprat, lactose-free cream, onion, corn starch, salt, white pepper, dill?
2. Which of the statements is correct?  
A. Compound ingredients are foods used as ingredients that themselves contain more than one ingredient.  
B. Compound ingredients may always be indicated in the list of ingredients simply by name, meaning that the ingredients contained in them do not need to be listed.
3. Which of the statements is correct?  
A. Additives may be freely added in foods  
B. When indicating additives in the list of ingredients, the name of the category that describes their function must also be stated.
4. Is this course of action correct or incorrect?  
In manufacturing a product, you use soy lecithin (E 322) as an antioxidant.  
In the list of ingredients, you can indicate soy lecithin as follows: "antioxidant (E 322)".
5. Is this course of action correct or incorrect?  
You are manufacturing traditional stuffed cabbage rolls. The packaging for the rolls must indicate the amount of used meat.
6. Is the statement true or false?  
If a food contains at most 10% of added water, this does not need to be indicated in the list of ingredients.

### Correct answers

1. Sprat (fish) and cream are substances that can cause allergies and are listed in annex II to the food information regulation. They must therefore be emphasised in the list of ingredients.
2. Option A is correct.  
Compound ingredients are foods used as ingredients that themselves contain more than one ingredient. For example, vegetable margarine and strawberry jam are compound ingredients. With a few exceptions, compound ingredients may not be indicated in the list of ingredients by name alone. One such exception are compound ingredients that are less than 2% of the finished product and whose composition has been defined by law (such as jam or chocolate).
3. Option B is correct.  
Additives are used in food for specific technical purposes, such as to increase its shelf life or improve its colour or structure. The types and amounts of additives that may be used in foods are specified in law. Food additives are indicated by the name of the category that describes their function, followed by the specific name or E number of the additive. An exception to this are additives that belong to the category "modified starch", for which the specific name or E number does not need to be indicated.
4. The course of action is incorrect.  
Soy is considered to be a substance that causes allergy. Therefore, soy lecithin derived from soy must be indicated by its own name, not simply by the E number. In addition, substances that cause allergies must be emphasised in the list of ingredients. Soy lecithin must therefore be listed in the following form: "antioxidant (soy lecithin)".

5. The course of action is correct.  
The net quantity of an ingredient must be indicated if the consumer naturally connects it with the food, even if it is not mentioned in the name of the food. Therefore, the amount of fish must be indicated in janssoninkiusaus, and the amount of meat in foods such as cabbage rolls or sausages.
6. Incorrect.  
If the finished product contains at most 5% added water or volatile products, they do not need to be indicated in the list of ingredients. However, this exception does not apply to meat, meat preparations, unprocessed fishery products and unprocessed bivalve molluscs

## Section 5, Date Labelling Questions

Are the following statements true or false?

1. The “best before date” refers to the date until which the food retains its specific properties when properly stored.
2. The use-by date or expiration date refers to the final date after which the food should not be used or sold.
3. The labelling for frozen products must indicate their use-by date.
4. The labelling for prepacked minced meat must indicate the “best before” date.

## Correct answers

1. Correct.  
The “best before date” refers to the date until which the food retains its specific properties when properly stored, such as taste and structure. The “best before date” is also known as the date of minimum durability. Food may be sold or used after the “best before” date has passed, provided that the quality of the food has not substantially deteriorated. In this case, responsibility for the food’s quality rests with the seller or supplier. To prevent consumers from accidentally buying food that is past its best before date, the fact that the date has passed should be indicated when the product is sold or supplied.
2. Correct.  
The use-by date or expiration date refers to the final date after which the food should not be used or sold. After the use-by date has passed, these foods may not be sold or used to prepare foods for sale or serving.
3. Incorrect.  
The “best before” date is always indicated for frozen products.
4. Incorrect.  
The use-by date or expiration date must be indicated for foods that are highly perishable from a microbiological point of view, such as prepacked minced meat. The “best before” date is not sufficient.

## Section 6, Country of Origin

### Questions

1. What is the country of origin in cases where
  - A. Oregano is grown in Italy, but dried and packaged in Finland?
  - B. Cheese is manufactured in France, but grated and bagged in Finland?
  - C. Frozen raw bread is manufactured in Germany, but baked in Finland?
2. For which of the following prepacked foods must the country of origin be always indicated?  
Beef, broiler, rye bread, cherries, juice, honey, olive oil
3. For which of the following non-prepacked foods must the country of origin be always indicated?  
Minced beef, fish, rye bread, grapes, raisins, strawberries, muffin, French bread

### Correct answers

1. A) Italy, B) France, C) Germany.  
The country of origin is the country where the food has been manufactured or produced. Activities such as the drying, packaging, grating, bagging or baking of frozen raw dough are not considered to be manufacturing.
2. The country of origin must be indicated for beef, broiler, cherries (fresh whole vegetables), honey and olive oil. For rye bread and juice, the country of origin must be indicated when necessary, in other words when its absence could mislead the consumer.
3. The country of origin must be indicated for minced meat, fish, grapes and strawberries (fresh whole vegetables).

For rye bread, raising, pastries and French bread, the country of origin must be indicated when necessary, in other words when its absence could mislead the consumer.

## Section 7, Storage and Conditions of Use

### Questions

1. Which of the following statements are true? Choose one or several.
  - A. Conditions of use must be included for all prepacked foods.
  - B. Pictures and symbols are sufficient as conditions of use.
  - C. The conditions of use may also be a warning label.
2. Which of the following statements are true? Choose one or several.
  - A. A description of storage conditions must be included for all prepacked foods.
  - B. A description of storage conditions is mandatory if the product's preservation requires a temperature that differs from room temperature.
  - C. Food business operators themselves evaluate whether a description of storage conditions is needed for prepacked fresh fish.
3. For non-prepacked food, the storage conditions and conditions of use must be indicated to consumers
  - A. always in points of retail sale
  - B. when necessary in points of retail sale
  - C. always in catering establishments
  - D. when necessary in catering establishments.

**Correct answers**

1. Option C is correct.  
The food’s packaging must include conditions of use when necessary, in other words if it would be otherwise difficult to make appropriate use of the food. Conditions of use may also be warning labels or serving instructions. Conditions of use are indicated by words and numbers. Pictures or symbols are not sufficient by themselves, but may be used as an additional means of presenting the information.
2. Option B is correct.  
Storage conditions are indicated on the food’s packaging when necessary. The indication is required when the food’s preservation to the stated best before or use-by date requires a storage temperature other than room temperature or other special storage or use conditions. However, a description of storage conditions must always be included of foods that are highly perishable from a microbiological point of view, such as prepacked fresh fish.
3. Option B is correct.  
Points of retail sale must provide final consumers with the necessary storage conditions conditions of use for non-prepacked foods. The information does not need to be provided in catering establishments.

3. The amount of calcium may be indicated in the nutrition declaration, if the food is solid and contains at least 15% of the daily reference intake of calcium.
4. The amount of vitamin D may be indicated in the nutrition declaration, if the beverage contains at least 5% of the daily reference intake of vitamin D.
5. In the nutrition declaration, the amount of added salt in the food is indicated as the salt content.
6. If the salt content of the food exceeds a certain limit, an additional marking for high salt content must be included. This requirement does not apply to non-prepacked foods sold at points of retail sale.
7. Which of the following are mandatory information in the nutrition declarations of prepacked foods:
  - Energy
  - Fat
  - Saturates
  - Unsaturated fatty acids
  - Carbohydrates
  - Sugars
  - Starch
  - Fibre
  - Protein
  - Salt
  - Sodium
  - Vitamins
  - Minerals

**Section 8, Nutrition Declaration**

**Questions**

Are the following statements true or false?

1. A nutrition declaration is always mandatory for both prepacked and non-prepacked food.
2. The energy value of a food includes all nutrients contained in the food that produce energy.

**Correct answers**

1. Incorrect.  
Almost all prepacked foods must include a nutrition declaration. In the case of non-prepacked foods, however, only certain nutritional values must be indicated in some cases in points of retail sale (fat and salt content for cheeses, sausages and charcuterie, and salt content for bread).
2. Correct.  
The energy value of a food includes all nutrients contained in the food that produce energy, calculated with conversion factors.
3. Correct.  
The amount of a mineral (or vitamin) may only be indicated in the nutrition declaration if it is present in the food in significant amounts. For solid foods, a significant amount means at least 15% of the daily reference intake value.
4. Incorrect.  
The amount of a vitamin (or mineral) may only be indicated in the nutrition declaration if it is present in the food in significant amounts. For beverages, a significant amount means at least 7.5% of the daily reference intake value.
5. Incorrect.  
The nutrition declaration indicates the total salt content of the food, which includes both added salt and naturally occurring sodium in the ingredients.
6. Incorrect.  
If the salt content of the food exceeds a certain limit set by law, an additional marking for high salt content must be included. This requirement applies to both prepacked (9 categories, Decree of the Ministry of Agriculture and Forestry 1010/2014) and certain non-prepacked foods (cheeses, sausages, meat products

used as charcuteries and bread). Catering establishments to not need to indicate high salt content.

7. The following information must be indicated in the nutrition declaration of prepacked foods:

energy	kJ/kcal
fat	g
- of which saturates	g
carbohydrates	g
- of which sugars	g
protein	g
salt	g

**Section 9, Other Mandatory Information**

**Questions**

You are packaging frozen foods for sale.

1. Which of the following labelling are mandatory? Choose one or several.
  - A. The words “quick-frozen”
  - B. The words “do not refreeze after thawing”
  - C. Storage temperature
  - D. The period that the food can be stored by the buyer
  - E. Best before date
2. Which of the following statements are true? Choose one or several.
  - A. The food packaging must indicate the operator’s name and website address to consumers.
  - B. The operator’s email address or, at minimum, telephone number must be indicated on the packaging to allow consumers to give direct feedback, if necessary.
  - C. The operator’s name and address must be indicated on the food packaging.



D. The operator's role, if other than manufacturer, must be indicated on the packaging.

3. Which of the following statements are true? Choose one or several.
  - A. Net quantity is indicated on the packaging in units of weight or, in the case of liquid products, in units of volume.
  - B. Net quantity may also be indicated only as ounces or pounds, if the product is imported and these units of measurement are used in the original labelling.
  - C. The weight of the packaging material is included in net quantity.
  - D. The labelling for pickled cucumber must indicate both the total weight of cucumbers and liquid and the drained weight of the cucumbers.
4. Which of the following statements are true? Choose one or several.
  - A. An identification mark is required for prepacked foods of animal origin manufactured in food establishments.
  - B. The identification mark may substitute the food batch number.
  - C. A batch of food is usually equal to the production of one day or less.
  - D. The best before date may substitute the food batch number, if the date includes the day and month.

**Correct answers**

1. All of the markings must be indicated in the labelling for frozen foods that are sold to consumers or mass caterers.
2. Options C and D are correct. The packaging must indicate the food business operator responsible for the food information and a mail address.

If the name of the operator or other information indicated on the packaging might mislead consumers as to the role of the operator, the name should be specified by stating operator's role (such as "manufactured by", "packaged by" or "marketed by").

3. Options A and D are correct. Net quantity means the amount of food at the time of packaging. The weight of the packaging material is not included in net quantity. Net quantity must be indicated in units of volume for beverages and in units of weight for other foodstuffs. In market trade or similar sales, solid foods may also be sold in units of volume, such as strawberries by the litre. Net quantity must be indicated for foods in units of weight (mg, g, kg) or volume (ml, dl, l) that are commonly used in Finland. Ounces (oz.) and pounds (lb) are not units of weight or volume commonly used in Finland. If a solid food is presented for sale in a liquid medium such as brine, pickle, syrup or similar, both the total weight and drained net weight must be indicated.
4. Options A, C and D are correct. An identification mark is required for all foods of animal origin manufactured in food establishments. The identification mark cannot substitute the food batch number. The purpose of the batch number is to identify foods that belong to the same batch. Food that belongs to the same batch has been produced, manufactured or packaged practically simultaneously and identically. A batch is usually equal to the production of one day or less. The batch number may be substituted by the food's date of durability label (best before / use-by date). This requires that at least the day and month are indicated, in that order.



## Section 10, Examples

### Questions

1. You see the following lunch menu sign at a restaurant. Evaluate whether the restaurant's lunch menu includes all mandatory labelling.

#### Lunch of the day

Wiener schnitzel and mashed potatoes	8,90 €
Vegetarian lasagna	7,90 €
Salmon salad	7,90 €
Pancakes with strawberry jam	2,50 €

Can you notice flaws in the sign?  
There may be more than one correct answer.

- A. The sign has no flaws.
  - B. There are flaws in the name of a food.
  - C. There are flaws in the list of ingredients.
  - D. There are flaws in best before or use-by dates.
  - E. There are flaws in the declaration of country of origin.
  - F. There are flaws in nutrition information.
2. You are tasked with writing a list of ingredients for prepacked cardamom bread. Place the ingredients in the correct order.
    - Milk 1 000 g
    - Yeast 100 g
    - Sugar 300 g
    - Egg 110 g
    - Salt 20 g
    - Cardamom 30 g

– Wheat flour 2 000 g

– Rapeseed oil 350 g

3. When writing the list of ingredients, you must also take into account any substances that can cause allergies or intolerances. Select which of the following ingredients in cardamom bread must be emphasised in the list of ingredients.

- A. Milk
- B. Yeast
- C. Sugar
- D. Egg
- E. Salt
- F. Cardamom
- G. Wheat flour
- H. Rapeseed oil

### Correct answers

1. Options C and E are correct.  
The lunch restaurant sign has flaws in indicating the list of ingredients. The sign makes no indication of substances that cause allergies or that the staff can provide the information upon request.

#### Examples

– Lasagna typically contains milk and wheat.

– Wiener schnitzel typically contains wheat and egg in its breadding and anchovies as a topping.

– Pancakes typically contain milk, egg and wheat.

– In the case of salmon salad, the contained fish allergen is evident in the name, but possible other allergens are not indicated.

Wiener schnitzel or veal cutlet is made from fresh beef. The country of origin of the meat is not clearly indicated on the sign or elsewhere at the catering establishment.

In other respects, the lunch menu contains the required labelling. The names of the foods have been formulated correctly.

Durability dates or nutrition information are not required for non-prepacked foods sold at a catering establishment.

2. The correct order of ingredients is as follows:

Ingredients: Wheat flour, milk, rapeseed oil, sugar, egg, yeast, cardamom, salt.

The ingredients are listed together in descending order of their weight at the time of manufacture.

3. Options A, D and G are correct. Substances that cause allergies or intolerances must be emphasised in labelling. In the case of cardamom bun, wheat, milk and egg are considered to be such substances.