

INGREDIENT of the MONTH

Ingredient of the Month Quiz

April 2024 – Culinary Cannabis

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's Online Learning Center. Seventy-five percent accuracy is required to earn one hour of continuing education credits toward professional certification.

- Why is close monitoring of light, temperature, humidity, and nutrient levels important in the cultivation of culinary cannabis?**
 - To determine the age of the plant
 - To ensure optimal plant health, yield, and flavor
 - To avoid pest infestations
 - To reduce water consumption
- What is the general function of antioxidant properties found in culinary cannabis?**
 - Boosting metabolism
 - Enhancing cognitive function
 - Protecting cells from oxidative stress
 - Promoting muscle growth
- What strains of culinary cannabis are known for their therapeutic effects and health benefits?**
 - High-THC strains
 - Hybrid strains
 - Terpene-rich strains
 - High-CBD strains
- Indica strains of culinary cannabis are commonly associated with citrusy and floral flavors.**
 - True
 - False
- What process must culinary cannabis undergo to activate cannabinoids like THC before it is used in a recipe?**
 - Fermentation
 - Drying
 - Decarboxylation
 - Curing
- Why is understanding the cannabinoid content of the strain important in culinary cannabis recipes?**
 - It enhances the aroma
 - It ensures proper curing
 - It helps achieve the desired effects and dosage
 - It prevents mold growth
- Culinary cannabis tinctures can be alcohol or glycerin based, with glycerin-based tinctures known to have less potency due to THC dilution.**
 - True
 - False
- Which form of culinary cannabis is water-soluble and more versatile than cannabis flower and buds?**
 - Cannabinoid powder
 - Cannabis oil
 - Cannabinoid tincture
 - Cannabis edible
- The _____ hormone is responsible for the feeling of hunger after consuming cannabis.**
 - insulin
 - ghrelin
 - serotonin
 - melatonin
- How long is it suggested to wait before consuming more of a food product that has been infused with culinary cannabis?**
 - 15-20 minutes
 - 30-60 minutes
 - 45-90 minutes
 - 60-120 minutes

