

INGREDIENT of the MONTH

Ingredient of the Month Quiz

June 2024 – Asian Noodles

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.

1. During the ____ dynasty, noodles became a staple in various cuisines due to Chinese immigrants settling in different regions.
 - a. Han
 - b. Qin
 - c. Tang
 - d. Ming
2. Rice noodles are a gluten-free option suitable for individuals with gluten sensitivity or celiac disease.
 - a. True
 - b. False
3. Which Asian noodle variety is said to have ingredients that have potential to improve heart health, support weight management, and regulate blood sugar levels?
 - a. Soba Noodles
 - b. Japchae Noodles
 - c. Shirataki Noodles
 - d. Ramen Noodles
4. The primary ingredients in glass noodle production are ____ and water.
 - a. wheat flour
 - b. buckwheat flour
 - c. rice flour
 - d. vegetable starch
5. Which variety of Asian noodle has a salty, mild flavor and can be thick, thin, flat, straight or curly?
 - a. Udon
 - b. Ramen
 - c. Vermicelli
 - d. Glass
6. When purchasing noodles at the Asian supermarket, they are usually grouped by ____.
 - a. color
 - b. nationality
 - c. texture
 - d. length
7. Glass and mung bean noodles can be stored in the refrigerator after cooking without any change to their texture.
 - a. True
 - b. False
8. What is a key advantage of using noodles like udon in Asian hot pot dishes?
 - a. They become crispy
 - b. They cook quickly
 - c. They soften very fast
 - d. They remain firm
9. Rice paper and wheat-based wrappers are commonly used in stir-fry dishes to add a crunchy texture.
 - a. True
 - b. False
10. In Japan, what does slurping loudly while eating noodles signify to the chef who prepared the dish?
 - a. Bad manners
 - b. A desire for more noodles
 - c. Appreciation of the delicious food
 - d. Disinterest in the meal

