

INGREDIENT of the MONTH

Ingredient of the Month Quiz

September 2024 - Spinach

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. Who can be credited for introducing spinach to France, which played a pivotal role in increasing its popularity during the renaissance?**
 - a. The Moors
 - b. Catherine de Medici
 - c. The King of Nepal
 - d. Henry II
- 2. Which of the following are botanical relatives of spinach within the Amaranthaceae family?**
 - a. Apples and pears
 - b. Tomatoes and potatoes
 - c. Carrots and cucumbers
 - d. Beets and chard
- 3. How much fiber is provided when consuming 100g of raw baby spinach?**
 - a. 1.5g
 - b. 2.5g
 - c. 3.5g
 - d. 4.5g
- 4. Which of the following is a significant health benefit associated with the vitamin A content found in spinach?**
 - a. Improved digestion
 - b. Maintaining healthy vision
 - c. Boosted muscle growth
 - d. All of the above
- 5. Baby spinach, despite being more delicate, has a bolder and stronger flavor compared to mature, true spinach.**
 - a. True
 - b. False
- 6. Which variety of spinach is often chosen for its distinctive texture and appealing appearance?**
 - a. Malabar
 - b. Semi-Savoy
 - c. Perpetual
 - d. Savoy
- 7. It is estimated that spinach can lose up to _____ of its nutrients after being picked and stored for over 8 days.**
 - a. 10%
 - b. 25%
 - c. 50%
 - d. 75%
- 8. Storing spinach with a paper towel in the plastic bag helps absorb excess moisture and reduce condensation.**
 - a. True
 - b. False
- 9. Which type of dressing is recommended for spinach salads due to the tenderness of the baby spinach leaves?**
 - a. Creamy dressing
 - b. Honey mustard dressing
 - c. Vinaigrette
 - d. Ranch dressing
- 10. What was the cause of the significant increase in spinach consumption the US saw in the 1930s?**
 - a. A new cooking technique
 - b. A popular cartoon character
 - c. An advertising campaign
 - d. A scientific discovery

