

INGREDIENT of the MONTH

Ingredient of the Month Quiz

February 2025 - Grits

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. Which U.S. state declared grits as its official state food in 1976?**
 - a. Georgia
 - b. Florida
 - c. South Carolina
 - d. Mississippi
- 2. What is the key difference between traditional stone-ground grits and hominy grits?**
 - a. Stone-ground grits cook faster
 - b. Hominy grits are made from white corn only
 - c. Stone-ground grits have a smoother texture
 - d. Hominy grits undergo an alkaline soaking process
- 3. The lutein and zeaxanthin found in grits primarily benefits which part of the body?**
 - a. Eyes
 - b. Kidneys
 - c. Heart
 - d. Liver
- 4. A one-cup serving of plain cooked grits provides about 15-20% of the daily recommended folate intake.**
 - a. True
 - b. False
- 5. Which type of grits are made from coarsely ground whole dried corn kernels and take the longest to cook?**
 - a. Old-fashioned grits
 - b. Stone-ground grits
 - c. Hominy grits
 - d. Polenta grits
- 6. Which variety of grits is known for having a richer, more robust flavor due to its higher beta-carotene content?**
 - a. White grits
 - b. Yellow grits
 - c. Blue grits
 - d. Speckled grits
- 7. Why is airtight packaging important for storing grits?**
 - a. It prevents moisture buildup
 - b. It enhances their color
 - c. It maintains their nutrient content
 - d. It makes them cook faster
- 8. Why is it suggested that stone-ground grits be stored in the refrigerator?**
 - a. They are more expensive
 - b. They contain artificial preservatives
 - c. They have a higher oil content
 - d. Because grandma always stored them in the fridge
- 9. What is a unique way to use coarse grits in cooking?**
 - a. As a salad dressing
 - b. As a beverage base
 - c. As a bread replacement
 - d. As a coating for frying food
- 10. Polenta and grits are made from the exact same type of corn and have no real differences.**
 - a. True
 - b. False

