

Ingredient of the Month Quiz

April 2025 - Upcycled Flour

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. What is the primary goal of upcycled flour production?**
 - a. To create a new luxury food product for high-end restaurants
 - b. To reduce food waste while offering unique nutritional benefits
 - c. To replace all traditional flour in the market
 - d. To increase the production of genetically modified ingredients
- 2. Which of the following upcycled flours is especially high in dietary fiber?**
 - a. Brewer's spent grain flour
 - b. Okara flour
 - c. Apple pomace flour
 - d. All of the above
- 3. Coffee cherry flour provides iron and magnesium, which help with oxygen transport and muscle function.**
 - a. True
 - b. False
- 4. Potato peel flour is used primarily as:**
 - a. A protein supplement
 - b. A meat substitute
 - c. A thickener in soups and sauces
 - d. A sweetener in baking
- 5. What is okara flour made from?**
 - a. Dried coffee fruit husks
 - b. Ground chickpeas
 - c. Pressed nut meal
 - d. Pulp from soymilk production
- 6. What is a key sensory consideration when using upcycled flour?**
 - a. Upcycled flour is always sweeter than traditional flour
 - b. Some upcycled flours have nutty, earthy or bitter notes
 - c. Upcycled flour never affects the texture of food
 - d. All upcycled flours taste the same
- 7. Upcycled flour can add elasticity and texture when used in pasta and dough applications.**
 - a. True
 - b. False
- 8. How much food is wasted globally every year?**
 - a. 500 million tons
 - b. 1.3 billion tons
 - c. 2.5 billion tons
 - d. 5 billion tons
- 9. Where was banana flour originally used before becoming popular in gluten-free diets?**
 - a. Southeast Asia
 - b. Canada
 - c. Africa
 - d. Europe
- 10. What is the recommended baking temperature for the Okara Protein Muffins?**
 - a. 325°F (163°C)
 - b. 350°F (175°C)
 - c. 375°F (190°C)
 - d. 400°F (204°C)

