

INGREDIENT of the MONTH

Ingredient of the Month Quiz

November 2025 - Kefir

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. Where did kefir originate?**
 - a. South America
 - b. India
 - c. The Caucasus Mountains
 - d. Eastern Europe
- 2. How long does traditional kefir typically ferment?**
 - a. 6-12 hours
 - b. 18-24 hours
 - c. 2-3 days
 - d. 1-2 weeks
- 3. Kefir's probiotics can inhibit the body's ability to absorb nutrients.**
 - a. True
 - b. False
- 4. How much protein does one cup of kefir provide in terms of daily value (DV)?**
 - a. 5%
 - b. 10%
 - c. 15%
 - d. 20%
- 5. Which type of milk-based kefir has a richer, creamier texture and is higher in fat?**
 - a. Sheep's Milk
 - b. Cow's Milk
 - c. Goat's Milk
 - d. Almond Milk
- 6. Which kefir variant is typically used as a savory drink, often with added salt?**
 - a. Caucasian Kefir
 - b. Russian Kefir
 - c. Water Kefir
 - d. Turkish Kefir
- 7. Which type of kefir is ideal if you tolerate lactose and want maximum gut health benefits?**
 - a. Water Kefir
 - b. Dairy Kefir
 - c. Powdered Kefir
 - d. Plant-Based Kefir
- 8. What happens if you freeze kefir?**
 - a. It enhances the flavor
 - b. It damages the cultures
 - c. It extends the shelf life
 - d. It turns the product gray
- 9. What is the effect of using kefir in pancakes and waffles?**
 - a. More crispness
 - b. Tender crumb
 - c. Higher density
 - d. Less flavor
- 10. What is the origin of the word "kefir"?**
 - a. Greek—meaning "fermented"
 - b. Arabic—meaning "milk drink"
 - c. Russian—meaning "bubbly"
 - d. Turkish—meaning "feeling good"

