

INGREDIENT of the MONTH

Ingredient of the Month Quiz

January 2026 – Tuna

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.

- Tuna fishing traditions can be traced back to ancient Mediterranean and Pacific cultures.**
 - True
 - False
- Which fishing methods are commonly used to harvest wild tuna today?**
 - Bottom trawling and dredging
 - Spearfishing and net casting
 - Purse seining and longlining
 - Hand harvesting and reef trapping
- Which nutrient in tuna most directly supports cardiovascular and brain health?**
 - Saturated fat
 - Omega-3 fatty acids
 - Vitamin C
 - Calcium
- Tuna provides a high level of protein while remaining relatively low in calories.**
 - True
 - False
- Which species is also known as "ahi" and is versatile in foodservice applications?**
 - Yellowfin
 - Skipjack
 - Bluefin
 - Longtail
- Which tuna is highly prized for raw preparations and has a rich, buttery, tender texture?**
 - Skipjack
 - Bigeye
 - Albacore
 - Longtail
- Excessive purge or liquid in fresh tuna is a sign of good quality.**
 - True
 - False
- What is the recommended storage temperature for fresh tuna?**
 - 40–45°F (4–7°C)
 - 32–36°F (0–2°C)
 - 28–30°F (-2 to -1°C)
 - 0°F (-18°C)
- Cross-utilization of tuna trim in modern kitchens is primarily aimed at:**
 - Reducing cooking time
 - Enhancing visual presentation
 - Supporting sustainability
 - Making it suitable only for raw applications
- How much of their body weight do tuna consume daily to fuel constant movement?**
 - 1-5%
 - 5-10%
 - 10-25%
 - 25-40%

