

INGREDIENT of the MONTH

Ingredient of the Month Quiz

February 2026 – Napa Cabbage

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. Napa cabbage is botanically classified as which species?**
 - a. Brassica oleracea
 - b. Brassica juncea
 - c. Brassica rapa subsp. pekinensis
 - d. Brassica napus
- 2. Napa cabbage became foundational to which traditional Korean food?**
 - a. Bibimbap
 - b. Japchae
 - c. Tteokbokki
 - d. Kimchi
- 3. Which vitamin in Napa cabbage contributes most significantly to blood clotting and bone metabolism?**
 - a. Folate
 - b. Vitamin A
 - c. Vitamin C
 - d. Vitamin K
- 4. Napa cabbage's health benefits are enhanced by its high water content and low calorie load.**
 - a. True
 - b. False
- 5. Differences in Napa cabbage varieties influence fermentation performance, storage, and cooking methods.**
 - a. True
 - b. False
- 6. Which Napa cabbage variety is designed for large heads and high-yield foodservice production?**
 - a. Michihili
 - b. Rubicon
 - c. Monument
 - d. Bilko
- 7. Which characteristic best indicates a high-quality Napa cabbage head?**
 - a. Light in weight with loose leaves
 - b. Firm, heavy, and tightly packed
 - c. Deep green leaves with thin ribs
 - d. Soft leaves with a dry base
- 8. What are the ideal storage conditions for whole Napa cabbage?**
 - a. 40–45°F with low humidity
 - b. Room temperature in a dry area
 - c. 32–36°F with 90–95% humidity
 - d. Frozen immediately after harvest
- 9. Napa cabbage breaks down quickly in long ferments and becomes mushy.**
 - a. True
 - b. False
- 10. Why does Napa cabbage develop a sweeter flavor after exposure to cool temperatures?**
 - a. Water content decreases
 - b. Starches convert to sugars
 - c. Acids break down into sugars
 - d. Fiber content increases

