



DRAGON FRUIT

As you read through this month's Ingredient of the Month, simply print out a copy of this quiz and answer the questions appropriately to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed online through the ACF Foundation eCulinary Professional Development Institute (<http://www.acfchefs.org/eculinary>). The cost for taking the quiz online is \$15, plus tax (based on your state of residence). Seventy-five-percent accuracy is required to earn one hour of continuing-education credits toward professional certification.

1. What is another name for dragon fruit?
 - a. Carambola
 - b. Pitaya
 - c. Quince
 - d. Rambutan
2. What are the overlaid leaves on dragon fruit called?
 - a. Bracts
 - b. Petals
 - c. Spikes
 - d. Nodes
3. In what climate does dragon fruit grow best?
 - a. Arid
 - b. Temperate
 - c. Tropical
 - d. Polar
4. What part of the dragon fruit contains healthy fats?
 - a. Flesh
 - b. Seeds
 - c. Skin
 - d. Leaves
5. What nutrient found in dragon fruit keeps blood healthy and strong?
 - a. Vitamin C
 - b. Fiber
 - c. Iron
 - d. Lycopene
6. What nutrient is found in red-fleshed dragon fruit and helps reduce the risk of heart attacks?
 - a. Vitamin C
 - b. Fiber
 - c. Iron
 - d. Lycopene
7. What dragon fruit variety is the sweetest?
 - a. Sour dragon fruit
 - b. White-fleshed dragon fruit
 - c. Red-fleshed dragon fruit
 - d. Yellow dragon fruit
8. What dragon fruit variety has a strong and refreshing acidic taste?
 - a. Sour dragon fruit
 - b. White-fleshed dragon fruit
 - c. Red-fleshed dragon fruit
 - d. Yellow dragon fruit
9. How long can dragon fruit be kept in the refrigerator?
 - a. Up to five days
 - b. Up to seven days
 - c. 1-2 weeks
 - d. 2-3 weeks
10. Is dragon fruit skin edible?
 - a. Yes
 - b. No