



# WATERMELON

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 plant family does watermelon belong to?
  - a. Pea family
  - b. Gourd family
  - c. Chenopod family
  - d. Nightshade family
2. Watermelons ripen after being removed from the vine.
  - a. True
  - b. False
3. What type of flavor does watermelon have?
  - a. Sweet
  - b. Peppery
  - c. Bitter
  - d. Earthy
4. What nutrient found in watermelon is important for heart health and may help maintain normal blood pressure?
  - a. Vitamin A
  - b. Potassium
  - c. Lycopene
  - d. Citrulline
5. What nutrient found in watermelon acts as an antioxidant and gives watermelon its reddish-pink color?
  - a. Vitamin C
  - b. Lycopene
  - c. Citrulline
  - d. Potassium
6. What nutrient found in watermelon is used to make arginine, an amino acid that helps cells divide and wounds heal?
  - a. Lycopene
  - b. Potassium
  - c. Vitamin A
  - d. Citrulline
7. Approximately what percentage of watermelon cultivars grown today are seedless?
  - a. 35 percent
  - b. 55 percent
  - c. 85 percent
  - d. 95 percent
8. Watermelon should be light for its size.
  - a. True
  - b. False
9. What is the ideal storage temperature range for whole watermelon?
  - a. 30-34 °F
  - b. 35-39 °F
  - c. 40-49 °F
  - d. 50-59 °F
10. Watermelon is 100% usable and compostable.
  - a. True
  - b. False