



# WINTER SQUASH

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 winter squash belong to?
  - a. Lily family
  - b. Gourd family
  - c. Chenopod family
  - d. Nightshade family
2. Winter squash is entirely edible.
  - a. True
  - b. False
3. What nutrient found in winter squash helps control weight by making the stomach feel full?
  - a. Vitamin C
  - b. Fiber
  - c. Vitamin B6
  - d. Potassium
4. What nutrient found in winter squash helps regulate normal heart functioning and muscle contraction?
  - a. Vitamin A
  - b. Fiber
  - c. Vitamin B6
  - d. Potassium
5. What nutrient found in winter squash plays a key role in keeping eyes, bones and teeth healthy?
  - a. Vitamin A
  - b. Vitamin C
  - c. Fiber
  - d. Potassium
6. What type of winter squash is an heirloom variety that is oblong with green stripes on yellow or ivory-colored skin and sweet, yellow flesh with a creamy, smooth texture?
  - a. Buttercup squash
  - b. Delicata squash
  - c. Hubbard squash
  - d. Spaghetti squash
7. What type of winter squash is oval with golden-yellow skin and a mild, nutlike flavor? When cooked, the flesh separates into strands.
  - a. Acorn squash
  - b. Butternut squash
  - c. Hubbard squash
  - d. Spaghetti squash
8. What type of winter squash is shaped like a bell and has deep-orange, creamy flesh when cooked that has a sweet, nutty flavor?
  - a. Buttercup squash
  - b. Butternut squash
  - c. Delicata squash
  - d. Spaghetti squash
9. Do not wash winter squash before storing.
  - a. True
  - b. False
10. How long can cut winter squash be stored in plastic wrap in the refrigerator?
  - a. Up to one week
  - b. 7-10 days
  - c. Two weeks
  - d. One month