



JACKFRUIT

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 jackfruit belong to?
 - a. Lily family
 - b. Rose family
 - c. Mulberry family
 - d. Nightshade family
2. Jackfruit skin is edible.
 - a. True
 - b. False
3. Which of the following statements about jackfruit is correct?
 - a. There may be 50-500 edible bulbs per fruit.
 - b. The fruit has green, inedible skin that turn purple when ripe.
 - c. Each bulb surrounds a smooth, inedible seed.
 - d. Mature jackfruit has a meat-like texture.
4. Which of the following states has a climate suitable to grow jackfruit?
 - a. Ohio
 - b. Georgia
 - c. Florida
 - d. California
5. What nutrient found in jackfruit plays an important role in bone development and in converting the proteins, carbohydrates and fats in food into energy?
 - a. Vitamin C
 - b. Manganese
 - c. Copper
 - d. Potassium
6. What nutrient found in jackfruit functions as an antioxidant and helps the body develop resistance against infection?
 - a. Magnesium
 - b. Manganese
 - c. Potassium
 - d. Vitamin C
7. What nutrient found in jackfruit is a phytonutrient that supports healthy vision?
 - a. Lutein
 - b. Lignan
 - c. Saponin
 - d. Copper
8. What type of jackfruit is a large-sized variety that will often produce in the off-season?
 - a. J-31
 - b. Black Gold
 - c. Dang Rasimi
 - d. Golden Nugget
9. What type of jacksfruit is a medium-sized variety with flesh that is easily removed compared to other varieties?
 - a. Sweet Fairchild
 - b. Black Gold
 - c. Dang Rasimi
 - d. Golden Nugget
10. Cutting into the jackfruit skin and core will release a sap.
 - a. True
 - b. False