



CARDAMOM

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 cardamom belong to?
 - a. Lily family
 - b. Rose family
 - c. Mulberry family
 - d. Ginger family
2. Cardamom pods are harvested after reaching maturity.
 - a. True
 - b. False
3. How many seeds are in each cardamom pod?
 - a. 3
 - b. 6
 - c. 9
 - d. 12
 - e.
4. What type of flavor does cardamom have?
 - a. Earthy
 - b. Lemony
 - c. Licorice-like
 - d. Lavender-like
5. What nutrient found in cardamom is used to regulate temperature, build bones and release energy from muscle storage?
 - a. Iron
 - b. Fiber
 - c. Manganese
 - d. Magnesium
6. What nutrient found in cardamom is an essential mineral that helps keep blood strong and healthy?
 - a. Iron
 - b. Zinc
 - c. Manganese
 - d. Magnesium
7. What nutrient found in cardamom is important for a healthy immune system, energy metabolism and healing wounds?
 - a. Iron
 - b. Zinc
 - c. Fiber
 - d. Manganese
8. What type of cardamom consists of thick, rough, dark-brown pods?
 - a. Green
 - b. Black
 - c. White
9. What type of cardamom is considered the premium variety?
 - a. Green
 - b. Black
 - c. White
10. What type of cardamom has a sweeter flavor and has been bleached?
 - a. Green
 - b. Black
 - c. White