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’s online learning center. Seventy-five-percent accuracy is required to earn one hour of continuing education credits toward professional certification.

1. What is apiculture?
   a. The creation of a beehive
   b. The practice of beekeeping
   c. The process of removing honey from honeycomb
   d. The fermentation process of mead

2. Cave paintings in _____ depict humans foraging for honey at least 8,000 years ago.
   a. France
   b. Africa
   c. Spain
   d. America

3. There is evidence of humans keeping and cultivating colonies of bees since 1,500 BC.
   a. True
   b. False

4. The amount and type of vitamins, minerals and antioxidants in honey depends largely on _______.
   a. geographic location
   b. manufacturing
   c. bee health
   d. floral source

5. Which nutrient found in honey helps activate enzymes needed for the body to use thiamin and vitamin C?
   a. Manganese
   b. Calcium
   c. Iron
   d. Copper

6. Which essential mineral found in honey is central for producing energy in your cells?
   a. Iron
   b. Potassium
   c. Selenium
   d. Copper

7. What type of honey is intentionally crystalized to allow for spreading?
   a. Raw
   b. Clover
   c. Manuka
   d. Creamed

8. What is the ideal temperature for storing honey?
   a. 40-50 degrees F
   b. 50-60 degrees F
   c. 60-70 degrees F
   d. 70-80 degrees F

9. If your honey is firm and has white in it, it is not an indication of spoilage or impurity.
   a. True
   b. False

10. On average, a worker bee will make _______ of honey in her lifetime.
    a. ½ teaspoon
    b. 1 ½ teaspoons
    c. 1 tablespoon
    d. 2 tablespoons