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. Chestnut trees belong to the family Fagaceae, which also includes _______.
   a. Oak Trees
   b. Beech Trees
   c. Magnolia Trees
   d. Both A and B

2. When are chestnuts typically harvested?
   a. Mid-February through March
   b. March to June
   c. August to mid-September
   d. Mid-September through November

3. Which type of “chestnuts” are poisonous?
   a. Water chestnuts
   b. Horse chestnuts
   c. American chestnuts
   d. Japanese chestnuts

4. Which macro mineral found in chestnuts plays an important role in the normal functioning of the nervous system and helps break down proteins and fat?
   a. Manganese
   b. Copper
   c. Potassium
   d. Folate

5. Which mineral found in chestnuts is also known as Vitamin B-1?
   a. Manganese
   b. Potassium
   c. Vitamin C
   d. Thiamin

6. Which type of chestnut tree is native to Asia Minor and Southern Europe?
   a. European
   b. Chinese
   c. Japanese
   d. American
   e. 

7. The fruit of which chestnut trees is cup-shaped and densely spiny?
   a. European
   b. Chinese
   c. Japanese
   d. American

8. Test the freshness of chestnuts still in their shell by _______.
   a. opening them up
   b. tasting them
   c. shaking them
   d. smelling them
   e. Chestnut flour is gluten free. 
   f. True
   g. False

9. Chestnut trees have a lifespan of ________ years depending on the species.
   a. 100-200
   b. 200-800
   c. 300-800
   d. 350-450