



Rose Hips

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. The seeds of rosehips must be removed before consumption.

- a. True
- b. False

2. Rosehips are rich with which vitamin?

- a. Vitamin C
- b. Vitamin D3
- c. Vitamin E
- d. Vitamin K

3. What nutrient found in rosehips is essential for healthy eyes, bones and teeth?

- a. Vitamin K
- b. Fiber
- c. Manganese
- d. Vitamin A

4. The various acids within rose hips, as well as pectin, cause it to act _____ .

- a. As an energy booster
- b. As a diuretic
- c. As a preventative against brittle bones

5. What are the two most popular varieties?

- a. Dog Rose and Downy Rose
- b. Japanese Rose and Dog Rose
- c. Japanese Rose and Field Rose
- d. Field Rose and Sweet Briar

6. Rosehips are ready to pick when _____

- a. They yield to a gentle squeeze with your fingers
- b. They turn red
- c. They just begin to wrinkle

7. Dried rosehips will retain medicinal potency for how long?

- a. 1 month
- b. 1 year
- c. 3-5 years
- d. Forever

8. What is Nyponosoppa?

- a. A rare disease
- b. A type of fruit pie
- c. A Hungarian Brandy
- d. A Swedish soup

9. Eighty-five percent of the world's Rosehip Oil originates from which countries?

- a. Chile, Asia, India and South Africa
- b. Asia, Europe, Mexico
- c. India, South Africa, Fiji , and New Zealand
- d. Asia, India, and the United States

10. What does Rosehip Oil typically smell like?

- a. Roses
- b. Coffee-like
- c. Fruity
- d. Spicy