



Tangerine

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed 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. Tangerines are a hybrid of _____ oranges.

- a. Valencia
- b. Jaffa
- c. Naval
- d. Mandarin

2. Tangerine season is _____.

- a. Autumn to Spring
- b. Only the Winter
- c. Winter to Spring
- d. Spring to Autumn

3. When did the name "tangerine" originate?

- a. The 17th century
- b. The 19th century
- c. The 20th century
- d. The 21 century

4. Tangerines and Mandarin Oranges have very similar nutritional values.

- a. True
- b. False

5. What nutrient found in tangerines helps to maintain healthy mucus membranes and skin?

- a. Vitamin C
- b. Vitamin A
- c. Dietary Fiber
- d. Potassium

6. What nutrient in tangerines helps to control blood pressure and heart rate. It is also important in neuron functioning?

- a. Thiamin
- b. Vitamin C
- c. Vitamin A
- d. Potassium

7. What nutrient in tangerines helps in the conversion of carbohydrates into glucose, which is then used to produce energy?

- a. Thiamin
- b. Vitamin C
- c. Vitamin A
- d. Potassium

8. What should you look for when purchasing tangerines?

- a. They are firm to slightly soft to the touch.
- b. Feel heavy for its size
- c. Deep in color
- d. All of the above

9. Tangerines have been crossed with _____ to produce tangelos

- a. Melon
- b. Grapefruit
- c. Pomegranate
- d. Lemons

10. Which country produces the most tangerines?

- a. United States
- b. China
- c. Hungary
- d. Morocco