

Edible Seaweed



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. Edible Seaweed belongs to what group of multicellular algae?

- a. Red Algae
- b. Brown Algae
- c. Green Algae
- d. All of the above

2. Most edible seaweed are _____ algae.

- a. marine
- b. freshwater
- c. purple
- d. yellow-green

3. Evidence shows that seaweed has been harvested and preserved in _____ for upwards of 20,000 years.

- a. Japan
- b. Southern Chile
- c. Icelandic Coast
- d. Thailand

4. What prominent nutrient in edible seaweed plays an important role in the normal functioning of the nervous system?

- a. Dietary Fiber
- b. Manganese
- c. Calcium
- d. Folate

5. What nutrient found in edible seaweed helps to regulate blood sugar levels, which is important to keeping a normal blood pressure?

- a. Manganese
- b. Magnesium
- c. Calcium
- d. Folate

6. What variety of edible seaweed is most commonly found in Miso soup?

- a. Wakame
- b. Kombu
- c. Dulse
- d. Irish Moss

7. What variety of edible seaweed looks somewhat like a baby tree, with sections forking off from a small stalk to form fingers?

- a. Nori
- b. Kombu
- c. Dulse
- d. Irish Moss

8. What type of edible seaweed is commonly used as a wrap for sushi rolls and onigiri?

- a. Nori
- b. Kombu
- c. Dulse
- d. Irish Moss

9. Edible Seaweed should never be frozen.

- a. True
- b. False

10. What substance extracted from various red algae can be used as an alternative to gelatin?

- a. isinglass
- b. pectin
- c. agar-agar
- d. tacioca dextrin