



# Avocados

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. What is the most popular and resilient type of avocado?**

- a. Lula
- b. Haas
- c. Reed
- d. Choquette

**2. Avocados are classified as a \_\_\_\_\_, a fruit with a central stone containing a seed.**

- a. berry
- b. drupe
- c. pome
- d. legume

**3. Avocados don't contain cholesterol.**

- a. True
- b. False

**4. Avocados are a good source of**

- a. Vitamin K
- b. Folate
- c. Fiber
- d. All of the above

**5. How much does the average avocado weigh?**

- a. 100 g
- b. 150 g
- c. 200 g
- d. 250 g

**6. Avocados ripen \_\_\_\_\_.**

- a. on the vine
- b. off the tree
- c. faster in the refrigerator
- d. in the winter

**7. Which classic dish features avocados?**

- a. Guacamole
- b. Greek Salad
- c. Mexican Croquettes
- d. Burgers

**8. Nearly \_\_\_\_\_ of avocados consumed in the U.S. annually come from Mexico.**

- a. 50 %
- b. 65 %
- c. 70 %
- d. 80 %

**9. How many volcanoes in the Trans-Mexican Volcanic Belt area supply the rich volcanic soil the Mexican avocado thrives in?**

- a. 42
- b. 68
- c. 80
- d. 102

**10. Avocados From Mexico are always in season.**

- a. True
- b. False