



# PEANUTS

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. Botanically, what is a peanut?

- a. Drupe
- b. Legume
- c. Aggregate
- d. Tubers

## 2. What color are the flowers of a peanut plant?

- a. Pink
- b. White
- c. Yellow
- d. Red

## 3. The peanut plant is generally thought to have originated on which continent?

- a. North America
- b. South America
- c. Africa
- d. Asia

## 4. Peanuts are a good source of protein.

- a. True
- b. False

## 5. Which variety of peanuts are the most widely consumed?

- a. Virginia
- b. Runner
- c. Valencia
- d. Spanish

## 6. Which type of peanut is the best for extracting oil.

- a. Virginia
- b. Runner
- c. Valencia
- d. Spanish

## 7. What is a benefit of peanut oil?

- a. Peanut oil has a light, nutty flavor
- b. Peanut oil does not absorb the flavor of other foods cooked in the oil
- c. Peanut oil has a high smoke point
- d. All of the above

## 8. To be classified as real peanut butter, both traditional and "natural" types must contain a minimum of \_\_\_\_\_ peanuts.

- a. 75%
- b. 80 %
- c. 90 %
- d. 95%

## 9. It takes about \_\_\_\_\_ peanuts to make a 12-ounce jar of peanut butter.

- a. 350
- b. 540
- c. 620
- d. 800