

April Newsletter: Spring Veggies: Asparagus and Artichoke!

Post Test - April 2011

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands a few facts about asparagus and artichokes and how to buy, prepare, and serve them.

1. What are two other spring fruits and vegetables in season now? _____ .
2. Asparagus is an excellent source of potassium and vitamin B6.
True or False
3. To buy the most nutritious and best tasting asparagus, look for bundles with firm spears whose tips are closed, plump and green, and shy away from dry, brownish looking ones.
True or False
4. If stored properly, asparagus spears will keep for _____ or _____ days.
5. Asparagus is unsafe to eat raw.
True or False
6. Ancient cultures considered the artichoke full of _____, using it as an aphrodisiac, a diuretic, a breath freshener, and even a deodorant.
7. Artichokes are a good source of folate, dietary fiber, and vitamins C and K. They are also packed with antioxidants; they're number _____ on the USDA's top 20 antioxidant-rich foods list.
8. Not to be confused with the Jerusalem artichoke or the Chinese artichoke (neither has any relation to the common globe artichoke), the artichoke is native to the Mediterranean.
True or False
9. To check if the artichoke is steamed or boiled adequately, test one of the center petals to see if it pulls out easily. Drain upside down.
True or False
10. Eat the artichoke by pulling off individual leaves and scraping off the cooked flesh with your teeth. Opt out of the usual butter sauce by preparing a low-fat dip or dressing. Use a base of _____ with added spices or, use your favorite store-bought, low-fat salad dressing.



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THIS CERTIFICATE

for completion of 30 minutes of training in

April 2011: Spring Veggies: Asparagus and Artichoke!

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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