

# Nuts & Seeds

Post Test - December 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 more about the different types of nuts and seeds as well as their nutritional benefits.

1. Please remember that nut allergies can range from minor to very severe. Ask parents and record any nut allergies in your child care home.  
True or False
2. These nutrient-dense powerhouses provide \_\_\_\_\_, \_\_\_\_\_, healthy fats, enzymes and a number of vitamins and minerals.
3. Store seeds and nuts in a cool, dry place in an airtight container. Since nuts and seeds have a high saturated fat content, they are subject to turning rancid if not handled properly.  
True or False
4. Whenever possible, the best way to eat most nuts and seeds is \_\_\_\_\_, since they retain the highest level of enzymes and other nutritional value that way.
5. Seeds should be purchased \_\_\_\_\_ and \_\_\_\_\_ fresh, since they begin to deteriorate as soon as they are ground and are more likely to become rancid that way. You can use a small food processor or grinder as well as a larger blender.
6. \_\_\_\_\_ Not really a nut, but a legume that grows underground as a member of the pea family; As a food they are used more like nuts in butters and for snacks; Good source of the B vitamin, niacin.
7. \_\_\_\_\_ Native North American nut with thin, smooth brown shell and lobed “meat”; Related to walnuts and hickory nuts with a richer flavor; Good source of Vitamin E, potassium and protein.
8. Coconut can also be made into flour, which is gluten-free and can be used to replace part of the flour in baked goods.  
True or False
9. \_\_\_\_\_ Readily available in more forms (in-the-shell, shelled whole, sliced, slivered, blanched and paste) than any other nut; High in protein, fiber and minerals, particularly calcium, and a good source of B vitamins; Related to peaches, cherries and plums.
10. Sesame seeds that have not had their hulls removed can be white, brown, red or black.  
True or False



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### THIS CERTIFICATE

for completion of 30 minutes of training in

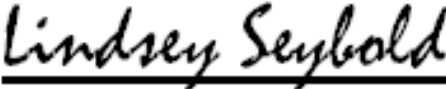
### **December 2011: Nuts & Seeds**

#### 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