

December is Pear Month!

Post Test - December 2012

**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 the nutritional benefits of pears as well as the best ways to buy, ripen, and store them.

1. A little known fact about the pear is that it is one of the few fruits that ripens on the tree. The pear is harvested when it is ripe.
True or False
2. The best way to judge ripeness for non-Bartlett varieties is to _____ the _____.: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe.
3. Ripened pears can be used at once or put under refrigeration (35° to 45° F) until you want to use them. Refrigeration will delay further ripening but will not stop it altogether.
True or False
4. Like many fruits, the flesh of cut or peeled pears will eventually _____. This natural oxidation process won't affect the taste or quality. However, to keep your pears looking appetizing and to prevent browning, dip them in a mild solution of 50% water and 50% lemon juice.
5. Thoroughly wash pears immediately prior to eating or preparation. Under cold, drinkable water, use your clean _____ or a soft-bristled produce scrub brush to gently but vigorously scrub the entire exterior of the pear, taking extra care to cleanse the indentations near the stem (at the top) and calyx (at the bottom) of the pear.
6. Wash fruit even if you plan on peeling it.
True or False
7. Pears are an excellent source of dietary fiber and a good source of vitamin C, a proven anti-oxidant. Pears also offer potassium. A medium pear has about _____ calories.
8. Early colonists brought the first pear trees to America's eastern settlements. Fortunately, the pear trees brought west to _____ and Washington by pioneers in the 1800's thrived in the unique agricultural conditions found in the Pacific Northwest.
9. _____, commercial and multi-generation family orchards all contribute high-quality fruit to the Northwest's fresh pear industry. Consumer interest and enjoyment of Northwest pears grows each year.
10. Thanks to advancements in Controlled Atmosphere (CA) storage technology, fresh USA Pears are available to consumers nearly year-round.
True or False



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

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is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in


December 2012: December is Pear Month!

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
Training Coordinator
Southwest Human Development Services

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