

Winter Fruits and Vegetables

Post Test – December 2013

**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 how to shop for winter fruits and vegetables and some of their nutritional benefits.

1. The guava growing season is from September to December.
True or False
2. Guavas have sturdy skin, so you can cut them in half and scoop out the semi-soft inside flesh with a teaspoon (discard the _____). They're ready to eat when the fruit gives slightly to gentle pressure.
3. Use a quince cooked, as you would apples, in sweet or savory dishes.
True or False
4. Asian pears are picked when they are almost _____. so handle them gently. Use quickly after purchase or refrigerate for one to two months.
5. The thin-skinned Korean pears don't have to be _____ before cooking. They can be cut into round slices or wedges, chopped, or even grated.
6. Refrigerate unwashed rutabagas in a plastic bag for up to three weeks.
True or False
7. _____ have an earthy, peppery flavor and can be part of a raw veggie platter. They can also be cooked -- in slices, cubes, or wedges -- until just tender by roasting, steaming, or microwaving.
8. The heart-shaped persimmon (Hachiya variety) needs to be fully ripened with a jelly-like texture. But the tomato-shaped Fuyu variety can be eaten either when apple-like firm or softened slightly.
True or False
9. One _____ contains 3 grams of fiber (mostly the insoluble type), and 76% of the recommended daily amount for vitamin C.
10. Kiwi is usually enjoyed _____. Pureed kiwi can be used to make all types of sorbet or margaritas. Kiwi is a beautiful addition to desserts and salads.



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

SOUTHWEST HUMAN DEVELOPMENT SERVICES

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is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

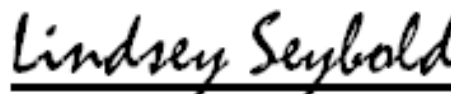
December 2013: Winter Fruits and Vegetables

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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