

February Newsletter: Citrus Fruits

Post Test - February 2010

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 types and potential benefits of citrus fruits.

1. Vitamin C is a water soluble antioxidant and protects the body from the damages of cancer causing free radicals.
True or False
2. The dietary fiber content of citrus fruits is good for the prevention of chronic _____.
Dietary fiber lowers the risk of digestive complications.
3. Vitamin C also plays a vital role in reducing homocysteine levels in the blood, protein metabolism, cell growth and division and prevents neural tube defects within the first trimester of pregnancy.
True or False
4. A vitamin C supplement cannot compare to all of the nutrients the _____ can provide.
5. There are many different varieties of _____; Valencia, Persian, Naval, Jaffa and Blood. They are classified into two categories, bitter and sweet, with sweet being the most popularly consumed.
6. A single orange contains more than _____ flavonoids and _____ different phytonutrients which possess blood clot inhibiting abilities, anti-inflammatory and anti-tumor qualities.
7. Different fruits contain different properties, grapefruit juice ranked the as one of the highest for phenolic compounds and antioxidant activity. Antioxidants neutralize the unpaired electrons found in free radicals which render the molecule harmless. The antioxidants found in grapefruits stop the chain reaction of free radical development and benefit the body by boosting the immune system.
True or False
8. The lemon is mainly used for juice content, though the zest (rind) and pulp are also used in various recipes for cooking and baking. The juice of a lemon is approximately 5% citric acid, which is what provides the fruit with a tart flavor.
True or False
9. Lemon _____ can be used to treat stress, infections, asthma, insomnia, skin and hair inflammation, stomach problems and infections.
10. When mixed with hot water, lemons can help relieve cases of acid indigestion and stomach ache. Due to digestive qualities found in lemon juice, when mixed with water it can alleviate heartburn, nausea and kills parasites.
True or False



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February 2011: Citrus Fruits

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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