Winter Fruit and Vegetables

Post Test - January 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.

<u>Learning Objective:</u> After reading the newsletter, the provider understands more about different winter fruits and vegetables and how to prepare and serve them.

| I. | Asian pears are picked when they are almost ripe, so handle them gently. |
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| | True or False |
| 2. | have sturdy skin, so you can cut them in half and scoop out the semi-soft |
| | inside flesh with a teaspoon (discard the shell). They're ready to eat when the fruit gives slightly to gentle pressure. |
| 3. | The key is to cook green beans only until tender-crisp. True or False |
| 4. | One kiwi contains 3 grams of fiber (mostly the type). |
| 5. | The skin on fruit can be eaten if desired. But if you want to peel them, cut in slices and then peel; use a paring knife to cut off the ends and then remove the skin; or cut in half and scoop out the flesh with a spoon. |
| 6. | look like tiny oval oranges. Here's the fun part the entire kumquat is edible (peel and all!) Roll the fruit gently between your palms to release the fragrant oils. Eat them whole, chopped, sliced, or halved. |
| | |
| 7. | go from ripe to overripe very quickly at room temperature, so they are often sold hard. Let them ripen at room temperature for a couple of days before serving. They're ripe when they give in to gentle pressure at the neck. |
| 8. | Rutabagas 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 True or False |
| 9. | have a yellowish and purple skin and are about the size of a |
| | softball. Wash them under running water and cut off the ends. Use a potato peeler to take off the skin, and then cut them into whatever shape you desire. |
| 10. | Tangerines are less acidic than most citrus fruits. Use them as you would oranges in fruit or green salads, stirred into yogurt or cottage cheese, or as a topping for dessert. |
| | True or False |



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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

January 2012: Winter Fruit 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
Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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