

Winter Squash

Post Test - November 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 benefits of winter squash and how to purchase and serve it in their facilities.

1. Even though some varieties grow on vines while others grow on bushes, squash are commonly divided into the two groups, fall and winter.

True or False

2. The skin and rind of _____ squash are rich in the nutrient beta-carotene, but the fleshy portion of this vegetable is not. To gain the full nutritional benefits of this vegetable, the skins or rinds must be eaten.

3. Unlike its summer counterparts, winter squash is harvested at a mature age, which makes the skin hard and inedible. The yellow and orange flesh of the winter squash is more nutritious and richer in vitamins, such as beta carotene.

True or False

4. One serving (1/2 cup) of baked _____ Squash supplies 230% of the recommended daily intake of vitamin A for adults and 11% of fiber.

5. For a quality squash, choose one that has a smooth, dry rind and is free of cracks or soft spots. Skin that is easily nicked or scraped with a fingernail means that the squash did not reach

_____.

6. Winter squash has a long shelf life and can be stored for up to _____ months or longer in a cool, dry place between 55° and 60°F. A higher temperature will shorten storage time, but it will not alter the flavor.

7. Cooked, pureed squash can be frozen for use later as a side dish or to thicken, color, or flavor

_____, _____, or _____.

8. Baking is a popular cooking method which brings out the sweet flavor of the squash by caramelizing some of the sugars.

True or False

9. Using a nonstick pan, _____ grated, peeled, or diced squash in a broth. This method gives the squash, especially if grated, a slightly crunchy texture.

10. Halve squash lengthwise and place cut-side down in a vegetable steamer. Cook over boiling water for 15 to 20 minutes or until the flesh becomes tender. Squash can also be peeled and cut into chunks or slices for steaming.

True or False



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THIS CERTIFICATE

for completion of 30 minutes of training in


November 2011: Winter Squash

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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