

Figs

Post Test – November 2014

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 some of the health benefits of figs and how to use them.

1. As a token of honor, figs were used as a training food by the early Olympic athletes, and figs were also presented as laurels to the winners as the first Olympic medals.
True or False
2. California Dried Fig production has averaged 28 million pounds over the last five years.
_____ dried figs harvested in the United States are grown in California's Central Valley.
3. One quarter-cup serving of dried figs provides 5 grams of fiber — in addition to iron, calcium, and potassium. And, they have no fat, no sodium, and no cholesterol.
True or False
4. Figs provide more _____ than any other common fruit or vegetable. The fiber in figs is both soluble and insoluble.
5. Most of the activity in the fig orchards begins in May as the fruit appears on the tree. For dried figs, the activity culminates in November with the final picking. Fresh figs are harvested through _____.
6. The fig trees are trained to single trunk or multi-trunk bush systems spaced 12 to 20 feet apart.
True or False
7. As with most dried fruits, dried figs have a water content of about _____. This amounts to a substantial saving in fossil fuel consumption during transportation from the processor to the consumer across the country and around the world.
8. Although considered a fruit, the fig is actually a flower that is inverted into itself. The seeds are drupes or the real fruit.
True or False
9. California figs are the only fruit to fully _____ to complete sweetness and semi-dry right on the tree before falling to the ground to continue drying.
10. Figs are harvested in the late summer and early fall, but because they are dried and conveniently packaged, they are available _____ long. California figs are generally found in the produce or baking section of your favorite supermarket.



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for completion of 30 minutes of training in

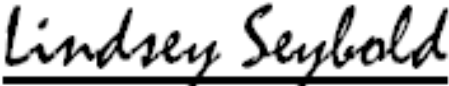
November 2014: Figs

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