

# October is National Cranberry Month

Post Test - October 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.**

Learning Objective: After reading the newsletter, the provider understands new facts and health benefits of cranberries.

1. Cranberries, along with \_\_\_\_\_ and the Concord \_\_\_\_\_, are the only three fruits native to North America.
2. Cranberries are scientifically recognizable as potent sources of antioxidants, specifically from a subclass of flavonoids called proanthocyanidins (PACs), which are unique to and abundant in cranberries.  
True or False
3. Cranberries just been recognized for their ability to help prevent urinary tract infections by preventing E. coli from adhering to the cells that line the urinary tract.  
True or False
4. Cranberries are naturally fat-free and have very little \_\_\_\_\_, so adding them to a balanced diet is a delicious, refreshing, and nutritious way to meet the recommended servings of fruit daily.
5. Today cranberries are farmed on approximately 40,000 acres (16,200 hectares) across the northern United States and \_\_\_\_\_.
6. The North American cranberry is a member of the family Ericaceae and is related to Rhododendrons (Rhododendron spp.) and \_\_\_\_\_ (Vaccinium augustifolium, V. corymbosum).
7. Pollination is primarily via domestic honey bees.  
True or False
8. The majority of cranberries are harvested between September and October, and occurs in one of two ways, \_\_\_\_\_ or \_\_\_\_\_ harvest.
9. Cranberries are available in a wide variety of forms including fresh fruit, juice, sauce, and dried.  
True or False
10. In the store, choose berries that are bright \_\_\_\_\_ in color, plump, free from wrinkles with intact skin, firm to touch, without any cuts or cracks. Discard any wet, mottled ones, as they tend to spread the mold to rest others.



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](http://www.swhuman.org)

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THIS CERTIFICATE

for completion of 30 minutes of training in


### **October 2012: October is National Cranberry Month**

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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