

Mushrooms

Post Test – September 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 health benefits of mushrooms and why they are a great addition to any meal.

- Mushrooms are low in calories, fat-free, cholesterol-free, gluten-free, and very low in sodium, yet they provide important nutrients, including selenium, potassium, riboflavin, niacin, vitamin D and more.
True or False
- Often grouped with _____, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains.
- The focus on the nutritional value of brightly colored fruits and vegetables has unintentionally left mushrooms in the dark. Mushrooms provide a number of nutrients.
True or False
- Mushrooms are a good source of _____ vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates.
- _____ is a mineral that works as an antioxidant to protect body cells from damage that might lead to heart disease, some cancers and other diseases of aging. Many foods of animal origin and grains are good sources of selenium, but mushrooms are among the richest sources of selenium in the produce aisle.
- Beta-glucans, found in numerous mushroom species, have shown marked immunity-stimulating effects, contribute to resistance against allergies and may also participate in physiological processes related to the metabolism of fats and sugars in the human body.
True or False
- Preliminary research suggests increasing intake of low-energy-density foods (meaning few calories given the volume of food), specifically mushrooms, in place of high-energy-density foods, like lean ground beef, can be an effective method for reducing daily energy and fat intake while still feeling _____ and _____ after the meal.
- Umami is the fifth basic taste after sweet, salty, bitter and sour. Derived from the Japanese word umai, meaning “delicious,” umami (pronounced oo-MAH-mee) is described as a savory, brothy, rich or meaty taste sensation. The more umami present in food, the more flavorful it will be..
True or False
- All mushrooms are a rich source of umami and the _____ the mushroom the more umami it contains. Another interesting characteristic about umami is that it counterbalances saltiness and allows for less salt to be used in a meal, without compromising flavor.
- When building your plate to maximize vitamin D, consider mushrooms – they’re the only source of vitamin D in the produce aisle and one of the few _____ food sources. In fact, the IOM recognizes them as the exception to the rule that plant foods don’t naturally contain vitamin D.



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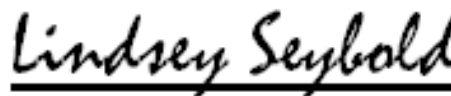
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A SELF-INSTRUCTIONAL COURSE

(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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