

California Walnuts:

An Essential Ingredient for a Healthy Lifestyle

POST-TEST

Circle your answers. Give yourself one point for each correct answer.

Name: _____

Score: _____

- 1. Which state produces the vast majority of walnuts grown in the U.S.?**
 - a. Hawaii
 - b. Oregon
 - c. California
 - d. Florida
- 2. California walnuts (English walnuts) produce a thinner shell and more nut meat than black walnuts.**
 - a. True
 - b. False
- 3. The majority of fat in California walnuts is monounsaturated.**
 - a. True
 - b. False
- 4. California walnuts are the only nut that contains a significant amount of heart-healthy omega-3s?**
 - a. True
 - b. False
- 5. Which of the following are proven health benefits of eating a handful of California walnuts every day?**
 - a. Lowering LDL "bad" cholesterol
 - b. Reducing risk of heart disease
 - c. Reducing inflammation
 - d. All of the above
- 6. California walnuts are available:**
 - a. August through November
 - b. Only as walnut halves
 - c. Year round in a variety of sizes and colors
- 7. To maintain optimum freshness, flavor and nutritional value, it's best to store walnuts:**
 - a. In the shell
 - b. In a walk-in cooler, refrigerator or freezer
 - c. In their original packaging
 - d. On the top shelf of your store room
- 8. Walnuts are a versatile ingredient that can be used in a variety of ways for any foodservice operation.**
 - a. True
 - b. False