

# California Avocado Commission Certification Exam

*This examination covers materials in all teaching units.*

<i>Name</i>	<i>Class</i>	<i>Date</i>

Please fill in the blanks.

1. The avocado originated in 750 B.C. in \_\_\_\_\_.  
a) Central America                      c) Mexico  
b) South America                        d) Southwest United States
2. All "Hass" avocados originated from the mother tree based in:  
\_\_\_\_\_  
a) La Habra Heights, CA              c) Tijuana, Mexico  
b) Santa Barbara, CA                  d) San Jose, CA
3. An avocado is \_\_\_\_\_.  
a) from the grapefruit family        c) a single seed vegetable  
b) from the eggplant family         d) a single seed berry
4. A mature avocado tree can produce \_\_\_\_\_ avocados per year.  
a) 150-300                                c) 600-700  
b) 400-500                                d) 800-1,000
5. The content of a box of avocados can hold up to \_\_\_\_\_ avocados.  
a) 24                                        d) 70  
b) 36                                        e) 84  
c) 60                                        f) all of the above
6. The leading producer of domestic avocados with about 90% of the nation's crop is  
\_\_\_\_\_  
a) Florida                                 c) Mexico  
b) California                             d) Chile
7. The California avocado tree can produce up to \_\_\_\_\_ pounds of fresh fruit each year.  
a) 500                                      c) 200  
b) 100                                      d) 1,000

8. An average Fresh California Avocado weighs between \_\_\_\_\_.
- a) 14-16 ounces                      c) 3-4 ounces  
b) 10-12 ounces                      d) 5-12 ounces
9. There are \_\_\_\_\_ varieties of Fresh California Avocados grown commercially.
- a) 8    c) 25  
b) 500    d) 100
10. Nearly ripe avocados should be stored \_\_\_\_\_.
- a) at room temperature                      c) at 34 degrees  
b) under refrigeration                      d) between 36-40 degrees
11. Ripe avocados should be stored \_\_\_\_\_.
- a) at room temperature                      c) at 34 degrees  
b) under refrigeration                      d) between 36-40 degrees
12. Breaking fruit is \_\_\_\_\_.
- a) a pounding surf                      c) an avocado which begins to soften  
b) a broken avocado                      d) an over ripe avocado
13. Firm fruit will ripen when stored at room temperature for \_\_\_\_\_.
- a) 2-3 days                                      c) 5-7 days  
b) 4-5 days                                      d) 10-12 days
14. When cutting an avocado open, brush the flesh with \_\_\_\_\_.
- a) lemon juice                                      c) vinegar  
b) salt    d) hot sauce
15. The best culinary application for nearly ripe avocados is \_\_\_\_\_.
- a) deep frying, baking or grilling                      c) to serve fresh  
b) boiling    d) none of the above
16. The best application for cooking ripe avocados is \_\_\_\_\_.
- a) battered, deep frying                      c) boiling  
b) baking or grilling                      d) to serve fresh
17. The best culinary application for over ripe avocados is \_\_\_\_\_.
- a) batter and deep-frying                      c) boiling  
b) baking or grilling                      d) pureeing

18. The best way to remove the pit from an avocado is \_\_\_\_\_.
- a) cut avocado in half and twist; put knife in pit and twist out
  - b) cut avocado in half and twist; pull pit with fingertips
  - c) cut avocado in half and twist; pry pit out with tweezers
19. When served with other fruit, avocados are considered \_\_\_\_\_.
- a) a nutrient booster
  - b) a diet food
  - c) used to improve eyesight
  - d) a dietary supplement
20. How does a restaurant benefit when "California" is identified as a source of origin on menus?
- a) consumers perceive restaurant will **use** fresh ingredients
  - b) consumers perceive restaurant **sources** high-quality ingredients
  - c) consumers perceive a positive halo effect of the restaurant
  - d) all of the above
21. Which menu category are operators using avocados the most?
- a) Cocktails
  - b) Desserts
  - c) Bread Appetizers (i.e. toast)
  - d) Salads
22. Fresh California Avocados are grown \_\_\_\_\_.
- a) March - September
  - b) Year-round
  - c) June - October
  - d) March - June
23. The avocado contains \_\_\_\_\_mg of cholesterol and \_\_\_\_\_grams of trans fat.
- a) 1 and 3
  - b) 0 and 0
  - c) 0 and 5
  - d) 2 and 0
24. What is the ratio of avocado flowers becoming an avocado?
- a) 1 in 20
  - b) 1 in 1
  - c) 1 in 10,000
  - d) 1 in 100,000

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# California Avocado Commission Exam Answer Sheet

1. The avocado originated in 750 B.C. in a) Central America.  
a) Central America                      c) Mexico  
b) South America                      d) Southwest United States
2. All "Hass" avocados originated from the Mother Hass Tree based in: La Habra Heights.  
a) La Habra Heights, CA              c) Tijuana, Mexico  
b) Santa Barbara, CA                  d) San Jose, CA
3. An avocado is d) a single seed berry.  
a) from the grapefruit family        c) a single seed vegetable  
b) from the eggplant family         d) a single seed berry
4. A mature avocado tree can produce a) 150-300 avocados per year.  
a) 100-300                                c) 600-700  
b) 400-500                                d) 100-200
5. The content of a box of avocados can hold up to d) all of the above avocados.  
a) 24                                        c) 48  
b) 36                                        d) all of the above
6. The leading producer of domestic avocados with about 90% of the nation's crop is California.  
a) Florida                                 c) Mexico  
b) California                              d) Chile
7. The California avocado tree can produce up to 200 pounds of fresh fruit each year.  
a) 500                                      c) 200  
b) 100                                        d) 1,000
8. An average Fresh California Avocado weighs between d) 5-12 ounces.  
a) 14-16 ounces                        c) 3 - 4 ounces  
b) 10-12 ounces                        d) 5-12 ounces
9. There are 8 varieties of Fresh California Avocados grown commercially.  
a) 8                                         c) 25  
b) 500                                      d) 100

10. Nearly ripe avocados should be stored d) between 36-40 degrees.  
a) at room temperature                      c) at 34 degrees  
b) under refrigeration                      d) between 36-40 degrees
11. Ripe avocados should be stored b) under refrigeration.  
a) at room temperature                      c) at 34 degrees  
b) under refrigeration                      d) between 36-40 degrees
12. Breaking fruit is c) an avocado which begins to soften.  
a) a pounding surf                      c) an avocado which begins to soften  
b) a broken avocado                      d) an over ripe avocado
13. Firm fruit will ripen when stored at room temperature for c) 5-7 days.  
a) 2-3 days                      c) 5-7 days  
b) 4-5 days                      d) 10-12 days
14. When cutting an avocado open, brush the flesh with a) lemon juice.  
a) lemon juice                      c) vinegar  
b) salt                      d) hot sauce
15. The best culinary application for nearly ripe avocados is a) deep frying, baking or grilling.  
a) deep frying, baking or grilling      c) to serve fresh  
b) boiling                      d) none of the above
16. The best application for cooking ripe avocados is d) to serve fresh.  
a) battered, deep frying                      c) boiling  
b) baking or grilling                      d) to serve fresh
17. The best culinary application for overripe avocados is d) pureeing.  
a) batter and deep-frying                      c) boiling  
b) baking or grilling                      d) pureeing
18. The best way to remove the pit from an avocado is a) cut avocado in half and twist; put knife in pit and twist out.  
a) cut avocado in half and twist; put knife in pit and twist out  
b) cut avocado in half and twist; pull pit with fingertips  
c) cut avocado in half and twist; pry pit out with tweezers
19. When served with other fruit, avocados are considered a) nutrient booster.  
a) a nutrient booster                      c) used to improve eyesight  
b) a diet food                      d) a dietary supplement

20. How does a restaurant benefit when “California” is identified as a source of origin on menus? d) all of the above
- a) consumers perceive restaurant will **use** fresh ingredients
  - b) consumers perceive restaurant **sources** high-quality ingredients
  - c) consumers perceive a positive halo effect of the restaurant
  - d) all of the above
21. Which menu category are operators using avocados the most? c) Bread Appetizers
- a) Cocktails
  - b) Desserts
  - c) Bread Appetizers (i.e., toast)
  - d) Salads
22. The Fresh California Avocado is grown year-round.
- a) March - September
  - b) year-round
  - c) June - October
  - d) March - June
23. The avocado contains b) 0 mg of cholesterol and 0 grams of trans fat.
- a) 1 and 3
  - b) 0 and 0
  - c) 0 and 5
  - d) 2 and 0
24. What is the ratio of avocado flowers becoming an avocado? C) 1 in 10,000
- a) 1 in 20
  - b) 1 in 1
  - c) 1 in 10,000
  - d) 1 in 100,000