

Lesson One: An Introduction to Baking with Washington Red Raspberries

Name: _____

Date: _____

Title: _____

Organization: _____

1. Which of the following is a health benefit of Washington Red Raspberries?
 - a. High in iron
 - b. Excellent source of Vitamin C
 - c. Good source of Omega-3 fatty acids
 - d. High in protein
2. Which of the following are available formats of Washington Red Raspberries? (Select all that apply.)
 - a. Puree, with seeds
 - b. Puree, sieved
 - c. Juice Concentrate
 - d. Block IQF
3. Which pigment is responsible for the red color in raspberries?
 - a. Anthocyanin
 - b. Chlorophyll
 - c. Carotenoid
 - d. Betalains
4. True or False: Washington Red Raspberries have sugar added for preservation and flavor.
 - a. True
 - b. False
5. Which of the following baking applications can Washington Red Raspberries be used in? (Select all that apply.)
 - a. Quick Breads
 - b. Laminated Doughs
 - c. Fillings
 - d. Yeast Bread Doughs

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