

THIS MONTHS QUIZ??

ON QUINOA

MARK YOUR ANSWERS
WITH A / . . .

Q1. What do quinoa grow on?

- A) Trees
- B) Magenta stalks
- C) Under the ground

Q2. What year did the United Nations General Assembly declare the International Year of the Quinoa?

- A) 2015
- B) 2014
- C) 2013

Q3. How long do you need to cook quinoa for?

- A) 15 minutes
- B) 3 minutes
- C) 45 minutes

Q4. Botancially who are we related to?

- A) Beechnut and chestnut
- B) Herbs, leaf and root
- C) Beets, chard and spinach

Q5. I am full of nutrients and also high in ___?

- A) Carbohydrate
- B) Protein
- C) Iron

Q6. How many calories in half a cup of quinoa?

- A) 311
- B) 111
- C) 11

Q7. I originate from Peru, the same as a well known bear, which one?

- A) Pudsey
- B) Paddington
- C) Winnie the Pooh

Q8. How many varieties are known?

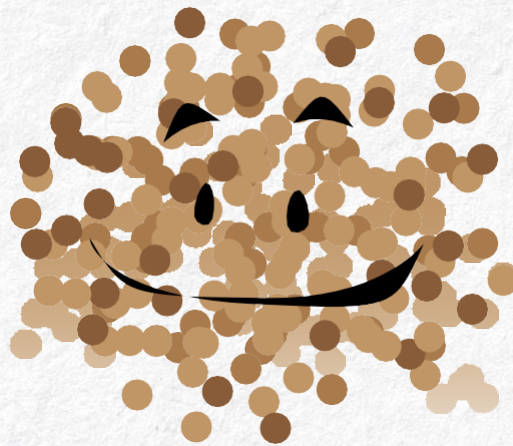
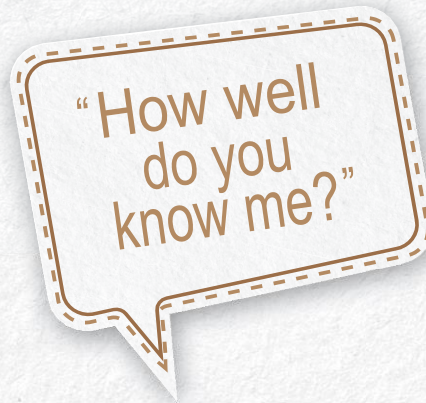
- A) 120
- B) 60
- C) 5

Q9. Quinoa pronounced KEEN-wa is a member of what family?

- A) Palytepus foot
- B) Duckfoot
- C) Goosefoot

Q10. When is the best time to plant quinoa?

- A) April to May
- B) June to July
- C) October to November



Pupils name:

CLASS

