

Module 11, Lesson 4 Quiz:

Local & In Season

1. How is “local” defined in the food and nutrition world?
 - a. 100 miles away or less from farm to buyer
 - b. Food is grown within the state it is purchased from
 - c. Food is grown within the region where it is purchased
 - d. **There is no one true definition, it is open to interpretation**

2. All of these are benefits to purchasing and consuming local foods, except:
 - a. **They are reliably cleaner than food that has traveled a long distance**
 - b. They are fresher because they spend less time in transport
 - c. They contribute to your immediate economy without middlemen
 - d. You can often speak to the grower and ask questions about them

3. It is recommended that people eat seasonally -- eating what is grown when it is grown and not all year long, because:
 - a. Produce is fresher in season
 - b. Produce is healthier in season
 - c. Seasonal foods are local foods
 - d. **All of the above**

4. Community Supported Agriculture or CSAs are a great option for some clients who like to cook because CSA members receive local and seasonal foods during the growing season. One huge benefit of purchasing food through a CSA is:
 - a. You get to work on the farm whenever you want
 - b. **Your money is going right into the hands of the people who grow your food**
 - c. There are never pesticides or conventionally grown foods in the share you receive
 - d. You reliably get an abundance of whatever extra is grown