

Mushroom Varieties Test

1) What is a mushroom?

- A: a fruit
- B: a type of meat
- C: a fungi
- D: a vegetable

2) List as many types of mushrooms you can think of.

3) Mushrooms are high calorie and full of healthy fats.

- True
- False

4) How many calories are in one whole portabella mushroom?

- A: 19
- B: 63
- C: 14

5) Which type of mushroom is sweet and nutty with a crunchy texture?

- A: Crimini
- B: Lion's Mane
- C: Beech

6) Which type of mushroom has a meaty texture and a rich and woodsy flavor when cooked?

- A: Beech
- B: Shiitake
- C: White button

7) Some mushrooms exposed to UV light are rich in Vitamin D.

- True
- False

8) Mushrooms are rich in Niacin. What does Niacin do for our bodies?

- A: Promotes healthy skin
- B: Maintains healthy red blood cells
- C: Helps with hormone production