

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.

Short answer options: portabella, white button, lion's mane, oyster, etc

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