

2020
"You Can Rely on Pasta!"
Pasta Trivia

North Dakota is the largest producer of durum in the United States and our producers play an integral part in putting pasta on the plates of consumers around the world! Join in the fun of celebrating National Pasta Month in October and Pasta Lovers' Week in North Dakota October 25-31. By participating in this "Pasta Party," we'll find out how much your listeners know about durum production and the tasty pasta foods made from it!

Your listeners can compete for fabulous prize packages including a "You Can Rely on Pasta" t-shirt, tote and measuring spoon provided by the **North Dakota Wheat Commission**, pasta serving spoons from the **U.S. Durum Growers Association** and pasta from **Dakota Growers Pasta Company** and **Philadelphia Macaroni**.

The following pages contain trivia questions to make your listeners aware of North Dakota durum production and the amazing pasta products it produces. Trivia questions are grouped into three categories:

North Dakota Durum Production— *Questions are focused on North Dakota durum production and pasta production.*

Pasta – Reliable, Nutritious, Affordable - *Find out reasons why pasta is reliable, nutritious and affordable.*

Pasta Fun Facts – *Random fun facts about pasta.*



Compiled by the North Dakota Wheat Commission. Prizes sponsored by the North Dakota Wheat Commission, U.S. Durum Growers Association, Dakota Growers Pasta Company and Philadelphia Macaroni.

2020 Pasta Trivia Questions

North Dakota Durum Production

1. The average durum yield in North Dakota is about 40 bushels per acre. Approximately how many one-pound boxes of pasta can be made from that one acre?
 - a. 125
 - b. 850
 - c. **1680** (one bushels makes about 42 boxes of pasta, so 40 bushels would make 1680 boxes.)
 - d. 5000
2. The name of the leading durum variety planted in North Dakota is:
 - a. SY Ingmar – leading spring wheat variety
 - b. Divide – 2nd most popular variety
 - c. Tioga – a popular durum variety, but not the top planted
 - d. **Joppa** (Joppa accounts for about 30% of the planted acreage in North Dakota, this variety was released in 2013 by NDSU)
3. On average, how many acres are planted to durum in North Dakota?
 - a. 5 million
 - b. **1 million**
 - c. 100,000
 - d. 50,000
4. Philadelphia Macaroni, owner of Minot Milling, turned an old piano factory into a pasta making facility in the 1920's. One of their first big accounts was making what type of pasta?
 - a. Macaroni
 - b. Spaghetti
 - c. **Alphabet (Campbell's Soup requested them to make the alphabet shapes for their popular soup)**
 - d. Lasagna
5. What is the average yield of durum produced in North Dakota?
 - a. 20 bushels/acre
 - b. **40 bushels/acre**
 - c. 75 bushels/acre

6. One bushel of durum will produce enough semolina for how many pounds of pasta?
- 10
 - 36
 - 42 – that's 42 boxes of pasta!**
 - 68
7. Which North Dakota city is home to Dakota Growers Pasta Company?
- Carrington**
 - Minot
 - Langdon
 - Williston
8. Durum grown in North Dakota is known for what quality attribute?
- High protein
 - Kernel hardness
 - Yellow semolina
 - All of the above** (these are all important quality attributes to produce high quality pasta)
9. Durum accounts for what percentage of total wheat production in the U.S.?
(note: there are six classes of wheat grown in the U.S. – hard red winter, soft red winter, hard red spring, hard white, soft white and durum)
- 4% - durum is the smallest class of wheat grown, but one of the highest quality**
 - 20%
 - 25%
 - 42%
10. Approximately one third of the U.S. durum crop is exported each year. What country is the largest export destination?
- China
 - Canada
 - Italy**
 - Algeria

Pasta – Reliable, Nutritious, Affordable

1. Pasta is made of two simple ingredients, what are they?
 - a. Flour and milk
 - b. Semolina and water – (semolina is ground up durum kernels)**
 - c. Semolina and salt
 - d. Flour and water
2. In the U.S., the most popular pasta dish is:
 - a. Lasagna
 - b. Pasta salad
 - c. Spaghetti** (According to the American Pasta Report, 40 percent of respondents say spaghetti is their personal favorite, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%).)
 - d. Macaroni and cheese
3. A one cup serving of whole grain pasta can provide up to what percentage of daily fiber requirements?
 - a. 10
 - b. 15
 - c. 20
 - d. 25**
4. True or False? Whole, enriched grain pasta offers bountiful nutrients and health benefits, while white (refined) pasta is not a healthy choice.

FALSE. White pasta is also a healthy choice, as it is enriched with vitamins such as vitamin B1 thiamine, making it a significant source of these nutrients.
5. When stored correctly, how long can dry, uncooked pasta stay fresh?
 - a. 2 weeks
 - b. One month
 - c. 6 months
 - d. One year**
6. According to the National Pasta Association, the average price an American pays for one pound (one regular sized box) of pasta is:
 - a. \$1.00
 - b. \$1.45**
 - c. \$2.50
 - d. \$3.05

7. One serving of pasta contains about how many calories?
 - a. 200 – and it provides about 25% of recommended daily fiber intake.
 - b. 275
 - c. 325
 - d. 500

8. There are approximately how many shapes of pasta around the world?
 - a. 100
 - b. 275
 - c. 600 - that's a lot of shape options for an affordable, delicious meal!
 - d. 1000

9. One serving of pasta, which is about 2 ounces, costs about how much if made at home?
 - a. \$0.18 – one pound of pasta costs around \$1.45, each box contains approximately 8 servings. This doesn't include any added sauces.
 - b. \$0.45
 - c. \$0.92
 - d. \$1.40

Pasta Fun Facts

1. If Italians ate their average yearly amount of pasta in spaghetti shape (long thin pasta), they would eat enough pasta to wind around the earth how many times?
 - a. 100
 - b. 5,000
 - c. **15,000** (Per capital annual pasta consumption in Italy is more than 50 pounds!)
 - d. 50,000
2. True or false: Pasta was traditionally eaten with the hands until it became popular to add sauce.
 - a. **True**
3. Pasta existed for thousands of years before tomato sauce was used. It wasn't until tomatoes were introduced to Europe in 1519 from what country?
 - a. Canada
 - b. **Mexico**
 - c. China
 - d. Mongolia
4. On average the U.S. consumes about ____ pounds of pasta each year, making it the largest consumer in the world in overall consumption.
 - a. 1 million
 - b. 10 million
 - c. 2.0 billion
 - d. **6 billion** (while the U.S. consumes the most pasta overall, it is 6th in per capital pasta consumption. Italy is first)
5. Which country uses local ingredients such as chilies, and even cactus in their pasta dishes?
 - a. Chile
 - b. **Mexico** – traditional pasta dishes contain Aztec, Mayan and Spanish flavors including chilies and yes, even cactus!
 - c. Morocco
 - d. Spain
6. The first documented recipe for pasta occurred in what year?
 - a. **1000** – it first appeared in the book "De Arte Coquinaria per Vermicelli e Maccaroni Siciliani" (The Art of Cooking Sicilian Macaroni and Vermicelli), written by Martino Corno, chef to the powerful Patriarch of Aquileia.
 - b. 1519
 - c. 1778

- d. 1850
7. Which President is credited with bringing the first macaroni machine to America:
- a. George Washington
 - b. Abraham Lincoln
 - c. Thomas Jefferson (he brought back the machine in 1789 after serving as ambassador to France)
 - d. Herbert Hoover
8. True or false? Greek mythology suggests that the Greek God Vulcan invented a device that made strings of dough (the first spaghetti!)
- a. True
9. True or false: The first pasta factory in America was built in Brooklyn by a Frenchman who spread his spaghetti on the roof to dry in the sunshine.
- a. True
10. Which group was found to be making a noodle-like food as early as 3000 B.C.?
- a. Italians
 - b. Mayans
 - c. Chinese
 - d. Russians