

The SEAWEED QUIZ! Test your knowledge on the lesser known vegetables!

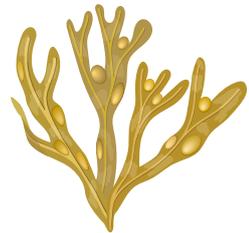
Q1: What colour is seaweed?

- A) Green
- B) Brown
- C) Red
- D) Yellow
- E) All of the above



Q2: Why can seaweed be considered as “good for the planet”?

- A) It helps to produce oxygen
- B) It helps to trap carbon from the environment
- C) It produces bromoform
- D) It produces iodine
- E) A combination of some of the above points



Q3: By what other name is seaweed commonly known?

- A) Macroalgae
- B) Microalgae
- C) Pond weed
- D) Sea vegetables
- E) Some of the names listed above

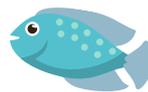
Q4: What is the holdfast of seaweed?

- A) The anchor & stem
- B) Leaf
- C) Air bladder
- D) Photosynthetic cell
- E) Other



Q5: Which of the following is not a seaweed carbohydrate?

- A) Ulvan
- B) Agar
- C) Algin
- D) Ash
- E) Carrageenan



Q6: Which statement is not correct?

- A) The colours used by red algae during photosynthesis are blue and green
- B) The colours used by green algae during photosynthesis are red and blue
- C) The colours used by brown algae during photosynthesis are red, green and blue
- D) The colours used by brown algae during photosynthesis are yellow and purple

Q7: What is Fucus serratus commonly called? (see picture)

- A) Sea spaghetti
- B) Bladder wrack
- C) Toothed or serrated wrack
- D) Knotted wrack
- E) Dulse



Q8: What is Codium fragile commonly called? (see picture)

- A) Dulse
- B) Laver
- C) Dead mans' fingers
- D) Rockweed
- E) Black tang



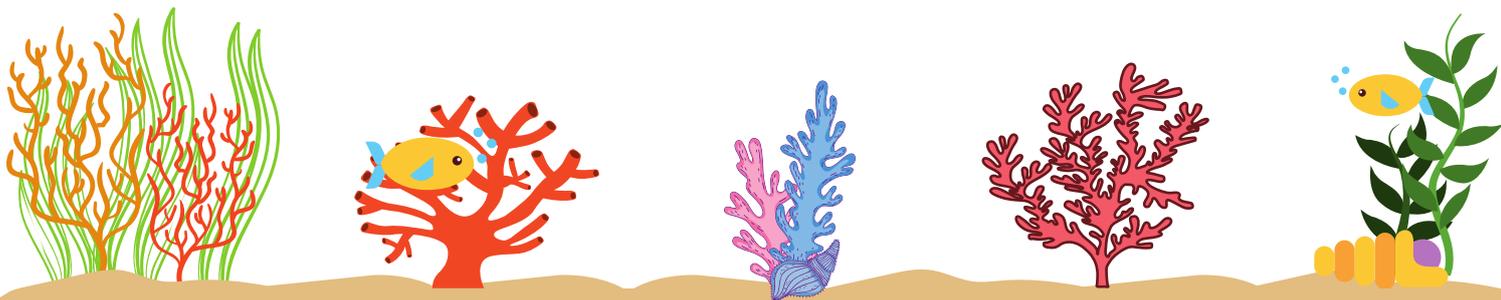
Q9: At what depth at sea and on the shore would you find brown seaweeds?

- A) Shallow
- B) Middle deep
- C) Deepest



Q10: What can seaweed not be used for?

- A) Production of glass
- B) As a food and feed
- C) As an ingredient in toothpaste
- D) To make clothing and alternative plastics
- E) As a prebiotic (A prebiotic encourages good bacteria to grow in your gut. Prebiotics are food for good bacteria growth)



Answers

1. E) All of the above.
2. E) A combination of some of the above points.
3. E) Seaweed is also known as macroalgae. Eight seaweeds are known as sea vegetables in France and non-marine macroalgae or seaweeds are known as pond weed.
4. A) The holdfast is a stem like structure that connects the seaweed to the shore or rocks.
5. D) Ash.
6. D) The colours used by brown algae during photosynthesis are not yellow and purple but red, green and blue.
7. C) Toothed or serrated wrack due to its' serrated or tooth like edges.
8. C) Codium fragile is commonly known as dead mans' fingers due to its' velvet-like, cold feeling to touch.
9. C) Deepest – this is due to its' pigmentation and ability to use red, blue and green light to produce food using photosynthesis.
10. Trick question! Seaweeds can be used for all of the above – seaweed ash is used to produce glass; Seaweeds can be consumed whole as food & were fed to cattle and sheep in the past especially in coastal regions where grass wasn't as plentiful, Carrageenan (known as Irish Moss) from the red seaweed Chondrus crispus is used as an ingredient in toothpaste, seaweed carbohydrates are currently being used to make alternatives to paper, plastic bags and clothes, and seaweed carbohydrates and peptides are used as prebiotics or foods for good bacteria in supplements.