



Name _____ Student Study Guide

**Episode 112 – Walnuts: Harvesting Good Health
California**

1. What benefits do walnuts offer?

2. What are the initial steps in the harvest of walnuts?

3. What climate conditions make the central valley the perfect place for this nut?

4. California produces _____ tons of walnuts, attributing to _____ percent of the nations total crop.

5. What is the primary tool used to harvest walnuts? How does it work?

6. What percentages of walnuts are sold in their shell? What happens to the rest?

7. _____ and _____ found in walnuts, help reduce the risk of diabetes.

Website resources:

America's Heartland: http://americasheartland.org/episodes/episode_112/walnuts.htm

California Walnuts: <http://www.walnuts.org>