

## ***Choosing and Preparing Fruits and Vegetables***

Read pages 409-421 in Food for Today or use on-line resources to complete the following:

Fill in the blank.  $\frac{1}{2}$  point each

### **Types of Fruits**

- **Melons:** \_\_\_\_\_ and \_\_\_\_\_
- **Berries:** Raspberries, blueberries, strawberries, and \_\_\_\_\_
- **Citrus fruits:** \_\_\_\_\_, oranges, and tangerines
- **Apples and pears**
- **Drupes:** \_\_\_\_\_, plums, \_\_\_\_\_, nectarines, apricots  
Def.: Have a central pit enclosing a single seed.
- **Tropical fruits:** Bananas, pineapples, and \_\_\_\_\_

### **Types of Vegetables**

- **Roots:** Store a plant's food supply in its roots and send nutrients and moisture to the rest of the plant.  
Examples: \_\_\_\_\_, \_\_\_\_\_, and turnips.
- **Stems:** \_\_\_\_\_ is a common stem vegetable.
- **Tubers:** Large underground stem that stores \_\_\_\_\_. Ex. \_\_\_\_\_
- **Leaves:** Through the use of photosynthesis, they turn sunlight, \_\_\_\_\_, and water into \_\_\_\_\_.
- **Bulbs:** Made of fleshy leaves surrounding a portion of a stem. Ex. \_\_\_\_\_ and \_\_\_\_\_
- **Flowers:** Includes the flower of a plant, along with attached stems. Ex. \_\_\_\_\_
- **Seeds:** High in \_\_\_\_\_ and other nutrients because they are the part of the plant which new \_\_\_\_\_ grow. Ex. \_\_\_\_\_, corn, and peas.
- **Fruits:** Part of the plant that holds the seeds. Ex. Eggplant, \_\_\_\_\_, and cucumbers.

**Short Answer:**

**Nutrients in Fruits and Vegetables**

What category of vegetables may lower the risk of certain types of cancer? Name three of these vegetables.  $\frac{1}{2}$  point each (2 pt)

**Buying Fresh Produce**

List 5 tips for buying fresh produce.  $\frac{1}{2}$  point each (2.5 pt)

- 1.
- 2.
- 3.
- 4.
- 5.

What is the difference between mature and ripe fruits? (1 pt)

What effect does refrigeration have on the ripening process of fruit? (1 pt)

Name three qualities to look for when choosing fresh vegetables.  $\frac{1}{2}$  point each (1.5 pt)

You just purchased 3 apples. Should you wash them right away when you get home if you don't plan to eat them for a few days? Describe why or why not. (2 pt)

Why does the flavor change when potatoes are refrigerated? (1 pt)