

EYE AND TASTE APPEAL

Name _____ Period _____ Assign # _____

Because of their color, flavor, texture, and nutritive value, vegetables make a valuable contribution to the diet. In preparing vegetables for serving, the problem is to conserve and even enhance all these desirable features. The following lab exercise will help to discover appropriate ways to prepare vegetables.

The following vocabulary list will help to complete the chart below by choosing the correct description:

- TEXTURE: hard-crisp, tender-crisp, soft, mushy, tough, stringy
- FLAVOR: strong, mild, bitter, sweet, bland, intense characteristic flavor, less flavorful, more flavorful
- COLOR: bright, vivid, dull, darkening, spotting, whitish, olive-green, deepening, translucent, stable, unstable.

Method of preparation	Carrots	Green Beans	Corn	Broccoli
Raw—taste a small sample of each vegetable.				
Boil fresh vegetables in a small amount of water, covered pan, for a short time.				
Boil fresh vegetables in a large amount of water, covered pan, for a long time.				
Open a can and heat to boiling.				
Prepare frozen vegetables according to package instructions—microwave if applicable.				