FRUIT AND VEGETABLE STUDY SHEET

Test Date _____

1. What are the eight botanical names for vegetables and give an example of each?
    a.
    b.
    c.
    d.
    e.
    f.
    g.
    h.

2. The color of a vegetable is a clue to its nutrient value - what nutrients do you get from the various colors?

    Red -
    Green -
    White -
    Yellow -

3. Do you get any other nutrients from vegetables? Explain.

4. Why is it important to cook vegetables correctly?

5. What changes occur as vegetables are cooked?

6. What qualities should you look for when selecting fresh vegetables?

7. How can vegetables enhance a meal?

8. There are several different methods to prepare vegetables, what are some?

9. What are the botanical names for fruit and give an example of each?

a.
b.
c.
d.
e.
f.

10. When purchasing fruit, what are some guidelines to follow?

11. Why does some fruit turn brown after being cut?

12. Can you do anything to prevent it from turning brown? Will it affect the taste of the fruit?

13. What nutrients are supplied by fruit?

14. Can you cook fruits? If so, how?

15. Why is it better to serve fruits in season?