

FRUIT AND VEGETABLE STUDY SHEET - Key

Test Date _____

1. What are the eight botanical names for vegetables and give an example of each?

- a. **Tubers – potato**
- b. **Root – beets, turnips, carrots, radish**
- c. **Bulbs – chive, onion, garlic**
- d. **Stem – celery, mushrooms, asparagus**
- e. **Seeds – beans, peas, corn**
- f. **Flower – cauliflower, broccoli**
- g. **Leaves – Brussels sprouts, cabbage, lettuce**
- h. **Fruit – tomato, green pepper, squash, cucumber**

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

- Red - **A, C, thiamine, iron**
Green - **A, B, C, iron, calcium**
White - **B, C, iron, calcium**
Yellow - **A,B,C, calcium**

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

Chlorophyll, calcium, carbohydrates – cellulose, vitamins A, B, C, iron, Protein – incomplete from dried beans and peas

4. Why is it important to cook vegetables correctly?

Don't destroy vitamins and minerals, make them colorful and add to meal.

5. What changes occur as vegetables are cooked?

Cellulose softens, not as crisp, starch absorbs water – more soluble, nutrients dissolve, color, flavor

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

Crispness, color, firmness, soundness, absence of bruises and decay – bright color, not overripe

7. How can vegetables enhance a meal?

Color, variety, flavor, texture, shape and form

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

Boil, steam, broil, bake, fried, stirfry, braise, paned, pressure cooking microwave

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

- a. **Pome – apple, pear, kiwi**
 - b. **Drupe – peach, nectarine, apricot, cherry, plum**
 - c. **Berries – raspberries, strawberry, grapes**
 - d. **Citrus – grapefruit, lemon, orange, lime**
 - e. **Melon – casaba, cantaloupe, watermelon**
 - f. **Tropical – banana, mango, pomegranate, avocado, pineapple**
10. When purchasing fruit, what are some guidelines to follow?
Buy: Firm to the touch, the right color, well-shaped, heavy for size, aromatic and in good condition
Avoid: Too soft or hard, green or under ripe, damaged, bruised, decayed, mildewed or discolored
11. Why does some fruit turn brown after being cut?
Fruit that has a low acid content, turns dark on exposure to the air.
12. Can you do anything to prevent it from turning brown? Will it affect the taste of the fruit?
Yes, soak or cover with ascorbic acid, fruit juice.
No
13. What nutrients are supplied by fruit?
Vitamins A, B, and C, iron, calcium, fiber, carbohydrates
14. Can you cook fruits? If so, how?
Yes, Simmering – applesauce
Stewing – peach, pears
Baking - apples
15. Why is it better to serve fruits in season?
Costs less, available, flavor better tasting