

Period \_\_\_\_\_ Unit # \_\_\_\_\_ Name \_\_\_\_\_

Corrected by \_\_\_\_\_ Score \_\_\_\_\_

130 points possible

### Fruit and Vegetable Test

**Matching - Match the correct botanical name of the fruits and vegetables in column A with the examples of fruits or vegetables in column B. Then, identify the botanical name from column A by circling it appropriately as a fruit (F) or vegetable (V) in column C. (28)**

<u>A</u>	<u>B</u>	<u>C</u>
_____ 1. bulb	A. artichoke	F or V
_____ 2. fruit	B. potato	F or V
_____ 3. root	C. beet	F or V
_____ 4. pome	D. apricot	F or V
_____ 5. drupe	E. avocado	F or V
_____ 6. melon	F. onion	F or V
_____ 7. flower	G. asparagus	F or V
_____ 8. berrie	H. kiwi	F or V
_____ 9. tuber	I. brussel sprout	F or V
_____ 10. stem	J. tangerine	F or V
_____ 11. citrus	K. cucumber	F or V
_____ 12. seed	L. grapes	F or V
_____ 13. leaves	M. beans	F or V
_____ 14. tropical	N. honeydew	F or V

**Matching - Match the vitamin and the mineral with its correct grouping. (20)**

_____ 15. calcium	A. fat-soluble vitamin
_____ 16. thiamin	B. water-soluble vitamin
_____ 17. ascorbic acid	C. macromineral
_____ 18. iron	D. trace mineral
_____ 19. vitamin K	
_____ 20. iodine	
_____ 21. riboflavin	
_____ 22. phosphorus	
_____ 23. vitamin D	
_____ 24. potassium	
_____ 25. niacin	
_____ 26. B6	
_____ 27. zinc	
_____ 28. vitamin A	
_____ 29. sodium	
_____ 30. fluorine	
_____ 31. vitamin E	
_____ 32. copper	
_____ 33. folacin	
_____ 34. cobalamin	

**Matching - Matching the nutrient with its function in the body. (10)**

- |                     |  |
|---------------------|--|
| _____ 35. Vitamin C | A. Prevents night blindness, necessary for hair & skin.  |
| _____ 36. Calcium   | B. Maintains good nerves, and digestion.                 |
| _____ 37. Fluorine  | C. Prevents rickets, helps calcium to build strong bones |
| _____ 38. Vitamin A | D. Strong bones and teeth, prevents osteoporosis.        |
| _____ 39. Iron      | E. Regulates fluids in body and heart beat.              |
| _____ 40. Vitamin K | F. Forms collagen, healing, infection, prevents scurvy.  |
| _____ 41. Iodine    | G. Carries oxygen to cells, hemoglobin of the blood.     |
| _____ 42. Potassium | H. Helps thyroid hormones for metabolism.                |
| _____ 43. Vitamin D | I. Prevents tooth decay, helps to resist acid in teeth.  |
| _____ 44. Vitamin B | J. Essential for clotting of the blood.                  |

**True or False (10)**

- T or F 45. Cooking breaks down the fiber of fruit and makes it easier to digest.
- T or F 46. As a rule, canned fruits are as nutritious as fresh or frozen fruits.
- T or F 47. Immature fruits will ripen after they are picked.
- T or F 48. Pieces of cut fruit can be kept from turning brown by coating them with lemon, grapefruit, or orange juice.
- T or F 49. Vegetables are among the best sources of vitamins and minerals.
- T or F 50. Strong-flavored vegetables, such as onions and cabbage, become even stronger when overcooked.
- T or F 51. Large amounts of water should be used in cooking vegetables because many nutrients are water soluble.
- T or F 52. Frozen vegetables take longer to cook than fresh vegetables.
- T or F 53. Microwave cooking is an ideal method to use for vegetables because more nutrients are retained.
- T or F 54. Heat, air, and water destroy the vitamins in fruits but not in vegetables.

**Fill-in-the-blanks (18)**

55. Fruits contain a type of sugar that gives the body \_\_\_\_\_ .(2)
56. Fruits contain little or no \_\_\_\_\_ and very little \_\_\_\_\_. (2)
57. Citrus fruits are especially important because of their \_\_\_\_\_ content. (2)
58. Vitamin C prevents the disease known as \_\_\_\_\_. (1)
59. The green coloring substance in plants is known as \_\_\_\_\_. (1)
60. The yellow pigment found in some plants that can be converted into vitamin A by the body is \_\_\_\_\_. (1)
61. The number of servings needed daily for teenagers from the vegetable group is \_\_\_\_\_ to \_\_\_\_\_. (2)
62. The number of servings needed daily for teenagers from the fruit group is \_\_\_\_\_ to \_\_\_\_\_. (2)
63. When cooking vegetables, the \_\_\_\_\_ and \_\_\_\_\_ are the two most important considerations to remember. (4)
64. Most vegetables become tender-crisp after \_\_\_\_\_ minutes of cooking. (1)

**Short Answer (28)**

65. What are five different methods to **cook** and prepare vegetables? (5)

- a.
- b.
- c.
- d.
- e.

66. What are three ways vegetables enhance a meal? (6)

- a.
- b.
- c.

67. Why is it better to buy fruits and vegetables in season? (3)

68. Why is it better to serve raw fruits often rather than cooked fruits? (2)

69. Why did we put lemon juice over the apples in the apple crisp? (2)

70. Why do we cook vegetables? (2)

71. When vegetables are cooked in too much water, overcooked and boiled for entire time, what three things happen? (6)

- a.
- b.
- c.

72. Why is it important to turn the heat down after the water is boiling and the vegetables are cooking. (2)

**Preparation (16)**

73. Yes or No I was present the day of the test.

7 points if yes, 0 points if no

74. Yes or No I was on time and not tardy the day of the test.

6 points if yes, 0 points if no

75. Yes or No I brought my own writing utensil to class to take this test.

3 points if yes, 0 points if no

