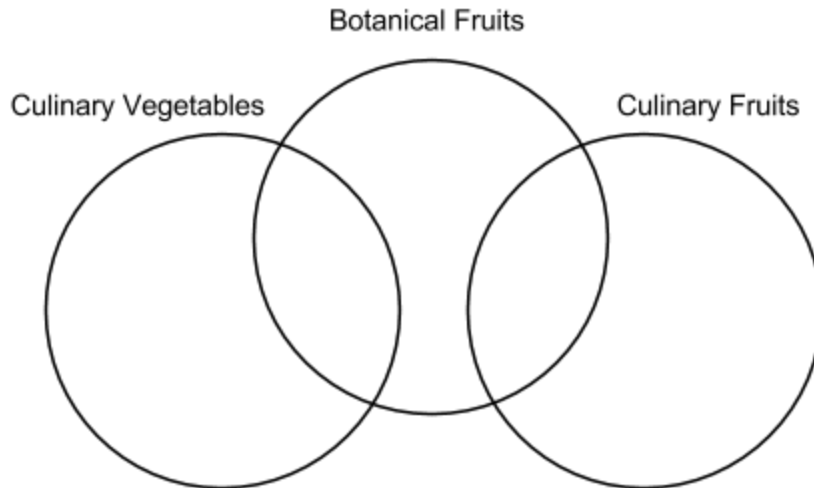


# Fruits & Vegetables

Is a tomato a Fruit or a Vegetable?? \_\_\_\_\_



## FRUITS

### Nutrition:

- Fruits are 75 – 95% water
- Low in \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_
- Excellent source of \_\_\_\_\_ (especially the skins!)
- Vitamins & Minerals Fruits Provide:
  - \_\_\_\_\_ (Citrus, melons, strawberries)
  - \_\_\_\_\_ (Deep yellow and green fruits)
  - \_\_\_\_\_ (Bananas, raisins, figs)
- Choose \_\_\_\_\_ or cut up fruits more often than fruit juice.
- \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ can destroy nutrients in both fruits and vegetables.
- Always \_\_\_\_\_ fruits and vegetables to remove pesticides that might remain on the skin.

### Guidelines for Selecting Fruits and Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Purchasing and Storing Fruits

- Purchasing
  - Most fruits are sold by weight or by count
  - Fruits are packed in crates, bushels, cases, lugs, or flats
  - Seasonal fruits and vegetables are lower in cost, plentiful and have better quality.
  - They will last about one week in the refrigerator.

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Class Period: \_\_\_\_\_

- Storing Fruits:

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**Ripening**

- \_\_\_\_\_ happens when \_\_\_\_\_ found in the fruit break down into \_\_\_\_\_
- This leads to deterioration or spoilage:
  - Color Lightens
  - Texture Softens
  - Decreases in Acidity
  - Increases in Sweetness

**Browning**

- \_\_\_\_\_ occurs when the cut surfaces of food reacts with oxygen.
- This is called \_\_\_\_\_.
- To prevent this, cover cut fruits with a liquid containing \_\_\_\_\_.

**VEGETABLES**

**Nutrition:**

- Vegetables provide the following Vitamins and Minerals:
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  - 
  - 
  -
- Vegetables contain NO \_\_\_\_\_.
- They are low in \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ (They are “\_\_\_\_\_”)
- Eat more \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ vegetables from the Vegetable Group.

**FARM TO TABLE**

**Steps:**

- \_\_\_\_\_: use of good agricultural practices
- \_\_\_\_\_: monitor at critical points
- \_\_\_\_\_: use clean vehicles and maintain the cold chain
- \_\_\_\_\_: follow the food code guidelines
- \_\_\_\_\_: always follow the four C's of safety:
  - \_\_\_\_\_, \_\_\_\_\_, control \_\_\_\_\_ - \_\_\_\_\_ and \_\_\_\_\_

# Recipes

## Vegetable Salsa

### Ingredients

- 3 medium tomatoes, chopped (3 Cups)
- 1/2 chopped green bell pepper (1/2 Cup)
- 1 onion, diced (1 Cup)
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeno pepper (including seeds)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

### Directions

- Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl. Serve.

## Fruit Salsa

### Ingredients

- 2 granny smith apples
- 1 lemon
- 1 cup finely diced melon (your favorite variety) or kiwi
- 1 lb strawberries
- 1/2 lb raspberries
- 4 tablespoons preserves (I used raspberry)

### Instructions

Zest the lemon and set aside. Peel and finely chop apple, squeeze 2 teaspoons lemon juice over apples and mix well to combine.

Finely chop strawberries and melon (or kiwi). Gently combine all ingredients, the raspberries will break apart a bit but that's what you want. Allow to sit at room temperature at least 15 minutes before serving.

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Class Period: \_\_\_\_\_

## **Cinnamon Crisps**

### Ingredients

- 10 flour tortillas (10")
- Cooking spray or Olive Oil Spray
- $\frac{1}{3}$  cup sugar
- 1 teaspoon cinnamon

### Instructions

Preheat oven to 350 degrees. Combine cinnamon & sugar. Set aside.

Working with 3 tortillas at a time, spray both sides of of the tortilla and sprinkle each side lightly with cinnamon sugar.

Stack 3 tortillas and using a pizza cutter, cut tortillas into 12 wedges. Place on a baking sheet and bake 8-11 minutes or until crisp.

<http://www.spendwithpennies.com/fruit-salsa-with-cinnamon-crisps/>