

NAME:

POINTS: /60

Directions: Please answer the following questions completely.

1. List the 6 fruit categories, 2 examples of each AND a main characteristic of that category. (24 pts)

<u>CATEGORY</u>	<u>2 EXAMPLES</u>	<u>CHARACTERISTIC</u>

2. What vitamin do citrus fruits supply a large amount of? (1 pt)
3. What does it mean if a fruit is “in season”? What 3 things does this usually affect? (4 pts)
4. What other vitamin do we find large amounts of in yellow fruits and why? (2 pt)
5. Name one other nutritional component we talked about with fruit. (1 pt)
6. What are 2 reasons we cook fruit? (4 pts)
7. What is softened when fruits are cooked to make them easier to digest? (1 pt)

8. What are 2 things you should avoid when picking canned fruit? What food borne illness could be caused by this? (3 pts)

9. Name the 4 types of fruit we talked about, the 4 ways to buy fruit? (4 pts)

10. In which form is fruit considered the healthiest and why? (2 pts)

11. Some fruits have a type of browning that occurs when exposed to air, what is this called and give an example of a fruit that this happens to? (2 pts)

12. How can we prevent this from happening? (1 pt)

13. What are fruits called that are full sized but have not reached peak eating quality? (1pt)

14. What are fruits called that are not full sized and have not reached their maximum flavor or color potential? (1 pt)

15. Name 3 things to look for when choosing fresh fruit? (3 pts)

16. How do you typically store fresh fruits and why? What is an exception? (3 pts)

17. Name 3 things that can happen when we cook fruits. (3 pts)