



8. Define water-soluble and how it pertains to vegetables? (2 pts)
9. How should you best store most fresh vegetables? (2 pts)
10. What is the pigment found in green vegetables? White vegetables? (2 pt)
11. Vegetables cooked properly should be \_\_\_\_\_ and \_\_\_\_\_ . (2 pts)
12. In general, how much water should you use when cooking vegetables? (1 pt)
13. How should strong flavored veggies be cooked to dilute the flavor? Very-strong? (2 pts)
14. What happens when vegetables are cooked in their skins? (1 pt)
15. Define succulents and name the main classification sub-category the word describes. (3 pts)
16. Name 3 things you should look for when choosing fresh vegetables. (3 pts)
17. In what 2 ways do peak growing seasons affect your vegetable choices? (2 pts)