

Chapter 30: Fruits Part 1

Nutrients in Fruits

- ▶ An important source of dietary _____ and _____
- ▶ _____-free (except for avocados), low in _____, and low in _____
- ▶ Excellent source of vitamin _____, _____, _____

Identifying Fruits

- ▶ _____: the part of the plant that holds the seeds
- ▶ Categorized by characteristics that set them apart
 - ▶ _____: small, juicy, thin skin. Strawberries, cranberries, grapes, and blackberries
 - ▶ _____: thick rind, juicy, many seeds. Watermelons, cantaloupes, and casaba
 - ▶ _____: thick rind, thin membrane separating inner flesh segments. Oranges, tangerines, grapefruits, lemons, and limes
 - ▶ _____: Single hard seed (pit/stone), soft inner flesh, and tender, edible skin. Cherries, apricots, peaches, nectarine, and plums
 - ▶ _____: thick, firm flesh, with tender, edible skin. Several small seeds at the center. Apples and pears.
 - ▶ _____: grown in tropical and subtropical climates. Bananas, guavas, papayas, and mangos.

Unusual Fruits

- ▶ Less _____ fruits to us are _____ to countries around the world
- ▶ Modern _____ has allowed for these to make it to the U.S.
- ▶ As _____ grows so does the _____
- ▶ Include:
 - ▶ _____ (star fruit)
 - ▶ _____
 - ▶ _____
 - ▶ _____
 - ▶ _____
 - ▶ _____
 - ▶ _____
 - ▶ _____ Fruit

Selecting Fresh Fruits

- ▶ Some (apples, oranges, bananas) are available _____ round
- ▶ Others (peaches, berries) are _____-can only be purchased during certain times or may just be very expensive out of season
- ▶ _____: Fresh fruits and vegetables
- ▶ _____: Fruits that have reached full size and color. When fruits must be picked. Can be ripe or underripe
 - ▶ _____: when the fruit reaches its peak flavor
 - ▶ _____: very firm, lack flavor, not at top eating quality.
- ▶ Most fruits are picked at this stage to prevent _____
- ▶ Some fruits (grapes, berries, cherries, citrus fruits, pineapples, and melons) won't _____ after _____

- _____: fruits that are picked too soon, usually small for their size, poor color, and texture
- To test for ripeness
 - _____ gently- should give _____
 - Do not _____ the fruit- it will _____ quicker
- _____: chlorophyll returns to the skins of fruits such as oranges in warm weather or from lights in the produce department
- Look for the following...
 - Condition: avoid _____ or damaged spots, _____
 - Denseness: should be _____ and _____. Avoid dry, withered, very soft or very hard
 - _____: should be typical for the particular fruit
 - _____: pleasant characteristic aroma
 - Size: should be _____ for its size, means the fruit is _____
 - Shape: look for its characteristic shape, misshapen can mean poor _____ and _____
- Buy what you can use and store for about a _____

Storing Fresh Fruit

- Never _____ before _____ - it encourages bacteria growth
- Follow the correct method
 - Underripe fruits: ripen at room temperature, speed up the process by placing in a brown _____ bag, place with an _____, plastic bags should have holes
 - _____: uncovered at room temperature, can refrigerate after ripening but skin will turn dark without effecting eating quality
 - Berries, cherries, grapes: remove any _____ or _____, refrigerate in a perforated plastic bag or container. Use ASAP
 - _____ fruits: store at room temperature, refrigerate uncovered for longer storage
 - Ripe fruits: refrigerate in the crisper or in a perforated plastic bag. Keep _____ in closed containers to prevent aroma from flavoring food
 - Cut fruits: _____ in an _____ container or plastic bag

Preventing Fruits from Darkening

- _____: occurs when oxygen reacts with an _____, a special protein, causing some fruits to turn brown
- How to stop?
 - _____ acid (vitamin c or lemon, grapefruit, orange juice): _____ the enzyme so that it can't react with oxygen
 - Ascorbic _____ - mix with water and _____ of the fruit
 - Other methods? We will find out tomorrow