**Foods and Nutrition**

**Unit 9: Fruits/Vegetables**

1. Fruit

A. fruit is made of carbohydrates, water, vitamins, minerals, and fiber

B. 8 fruit categories

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have thick, firm rind covered by a thin layer of colored skin called zest (oranges, lemons, limes)

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have a rind (hard outer covering), are firm and heavy, and 90% water (watermelon, cantaloupe, honeydew)

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_juicy, thin-skinned with tiny seeds, must pick when fully rip b/c they won’t ripen after picked (strawberries, blackberries, raspberries)

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_soft flesh(skin), one center pit, picked ripe or ripen later, firm and plump with no bruises (peaches, cherries, plums)

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_firm, thin-skinned, have central core with tiny seeds, picked ripe or ripen after picked, smooth skin – no blemishes (apples, pears)

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_grow in clusters on vines, flavor and color found in skin, picked ripe or ripen after picked, plump and juicy (grapes)

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ripen after picked, firm, plump, unblemished, have good color (plantains, kiwis, mangos, papayas)

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_semi-soft, slightly heavy, good color (pomegranates)

C. purchasing fruit

1. canned fruit: packed in heavy or light syrup, water, or fruit juices

2. frozen fruit

3. dried fruit: must rehydrate before use

D. Cooking Fruit

1. broil/grill

i. bananas, apples, peaches, pineapples

ii. broil on parchment covered pan or nonstick surface, quickly, until heated through

2. baking

i. berries, peaches, apples baked in deserts

3. sautéing

i. sauté in butter, sugar, and spices to create sweet, rich, syrupy flavor

ii. peel and remove seeds, slice, and cook over high heat

4. deep frying

i. bananas, pineapples, apples

ii. coat with batter and deep fry

5. poaching

i. submerge fruit in water or sugar syrup at a low temperature

ii. takes a long time

II. Vegetables

A. 8 vegetable groups

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_large root systems with vines, flower are edible, squash should be firm with picked (squash/zucchini)

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_grow beneath dirt, firm and unwrinkled (carrots, radishes, potatoes)

i. types of potatoes

a. mealy – thick skin and starchy flesh; good for deep-fry, bake, whip, puree (russet)

1. Yukon – butter flavored potato with golden flesh

2. white sweet potato – sweet, yellow flesh

b. waxy – thin skin and less starch; good for boiling, roasting (red potato)

1. red sweet potato – dark orange flesh, sweet

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_edible seeds, firm (corn, green beans, peas)

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_can use flowers, leaves, and heads; firm, heavy, good color (broccoli, cauliflower, cabbage)

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_edible stems, stalks, shoots; pick when young and tender; firm and NO browning (celery, asparagus)

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_used for seasoning and flavoring; strong taste and odor; firm, fresh, good color (onions, garlic)

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_come from flowering plants and contain at least one seed; classified as vegetable because they are savory rather than sweet (eggplant, tomatoes, avocados)

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_mild to spicy flavor; crisp, bright leaves (red and green leafy lettuce, spinach)

B. Dry Heat Cooking

1. broiling/grilling – cook quickly with high heat

2. baking – low temperature for long time

3. sautéing - cook in small amount of fat in hot pan quickly

4. deep-frying – coated in batter and submerged in hot oil until golden brown

C. Moist Heat Cooking

1. blanching – plunging food in hot boiling water and then plunging in ice water to stop cooking process

i. use before freezing vegetables and to remove skin of vegetables

2. parboiled – partially cooking before doing something else with it to finish cooking

3. steaming – place veggies above boiling water on a rack