

Fruits

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Fresh Fruit

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |
| 9. _____ | |
| _____ | |

Purchasing Fruit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. Canned Fruit: _____

11. Frozen Fruit: _____

(Continued on next page)

Fruits, continued

12. Dried Fruit: _____

Preparation of Fruit

1. _____
2. _____
3. _____
4. _____

Cooking Fruit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Vegetables

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Classifying Vegetables

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Grading Vegetables

1. USDA grades are based on: _____

2. Vegetables are graded as:
- | | |
|----------|----------|
| a) _____ | c) _____ |
| b) _____ | d) _____ |

Storing Vegetables

1. Starchy Vegetables: _____
2. Other Vegetables: _____

Purchasing and Storing Potatoes

1. Purchase Potatoes: _____
2. Store Potatoes: _____

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Vegetables, continued

Types of Potatoes

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Quality Characteristics of Potatoes

1. _____

2. _____

3. _____

Market Forms of Potatoes

1. _____
2. _____
3. _____
4. _____

Preserving Vegetables

1. _____
2. _____
3. _____

Cooking Vegetables

1. To determine doneness: _____
2. Pre-preparation involves: _____
3. Cooking with dry heat: _____

4. Cooking with moist heat: _____

Legumes

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Types of Legumes

1. Legumes are: _____

2. Pulses: _____

Quality Characteristics of Legumes

1. _____

2. _____

3. Grading: _____

Storing Legumes

1. _____

2. _____

Checking and Soaking Legumes

1. _____

2. _____

3. _____

Cooking Legumes

1. _____

2. _____

3. _____

Storing Cooked Legumes

1. _____

2. _____

3. _____