Chapter 25 Fruits, Vegetables, and Legumes Section 25.1 Fruits



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

	Cues	Note Taking
•	fruit comes from a flowering plant	TYPES OF FRUIT • Fruit adds texture, nutrition, color, and flavor to any meal
•	cobbler: a baked deep-dish fruit dessert	COOKING FRUIT • The most common fruit cooking techniques are baking, poaching, simmering, deep-frying, sautéing, broiling, and grilling
Summary		

Fruits can add nutrition, color, texture, and flavor to your meals.

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Chapter 25 Fruits, Vegetables, and Legumes Section 25.2 Vegetables



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

C	N. 4. T. L	
Cues	Note Taking	
	VEGETABLE BASICS	
• tuber: the short, fleshy	Vegetables add nutrition, color, flavor, and texture to any	
underground stems of plants, such	meal	
as a potato		
	COOKING VEGETABLES	
	 To cook vegetables to maintain flavor and quality, cook in batches as close to serving time as possible 	
	batches as close to serving time as possible	
most vegetables are served cooked		
most vegetables are served cooked		
Cummany		

Summary

Vegetables are edible plants that grow in a variety of flavors, colors, and textures.

Chapter 25 Fruits, Vegetables, and Legumes **Section 25.3 Legumes**



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
legume: a plant that has a double-seamed pod that contains a single row of seeds	TYPES OF LEGUMES • Legumes are vegetables, but are treated separately
digestible: the nutrients, such as protein, are more available to the body	COOKING LEGUMES • All legumes must be cooked to be digestible
	Summary

Summary

Legumes are vegetables that contain pods with a single row of seeds.