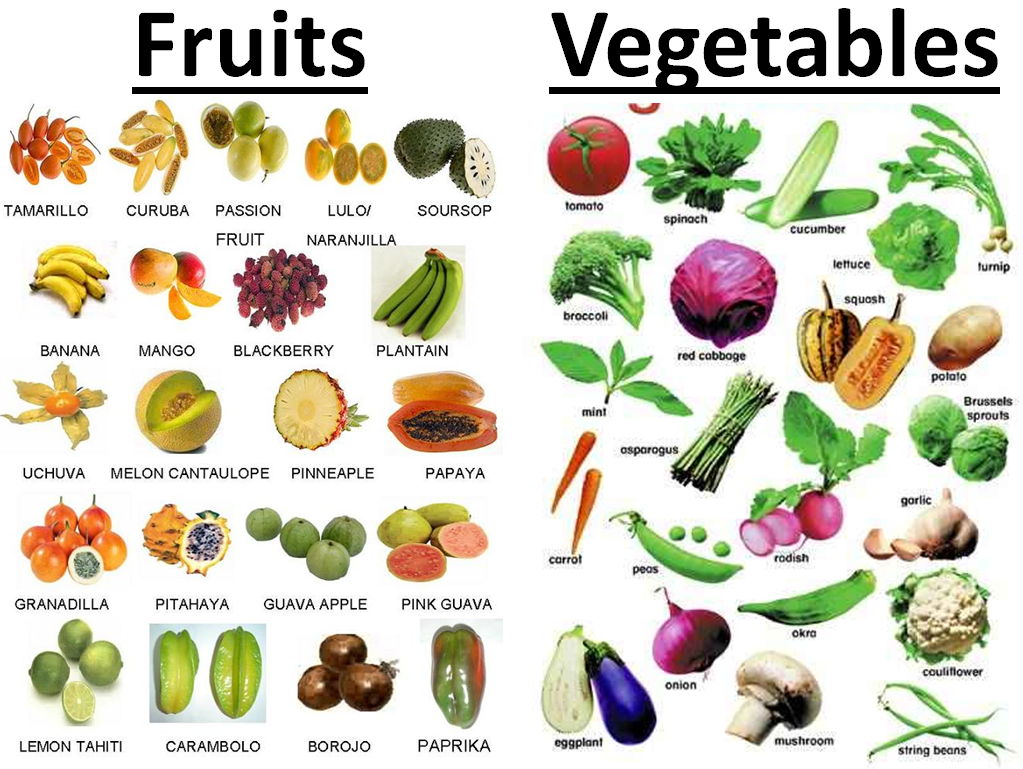
**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

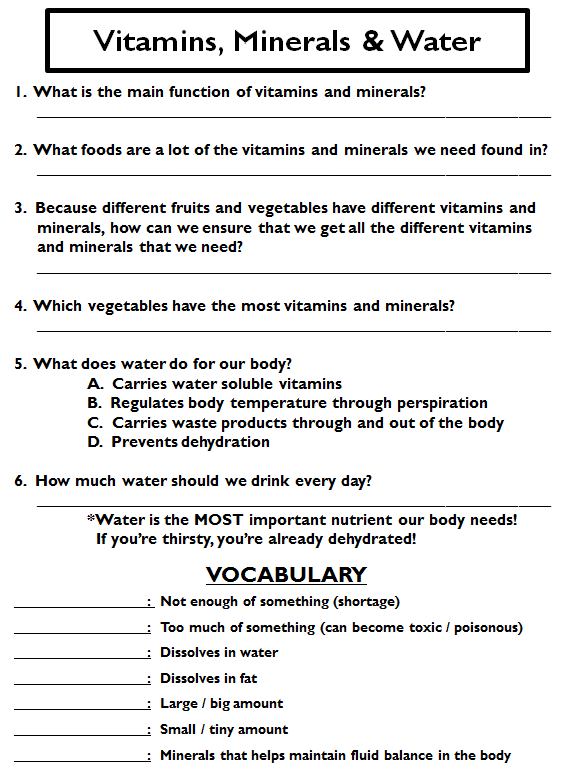
**Unit 6**

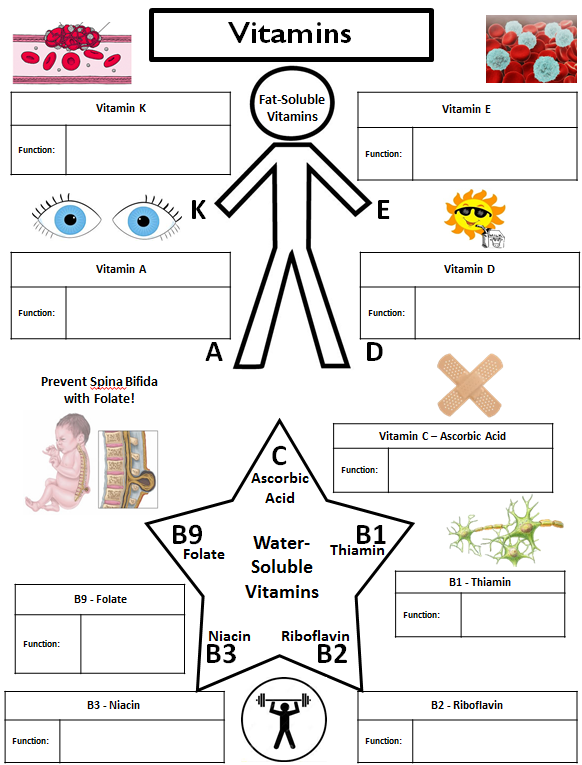
**Vitamins, Minerals,**

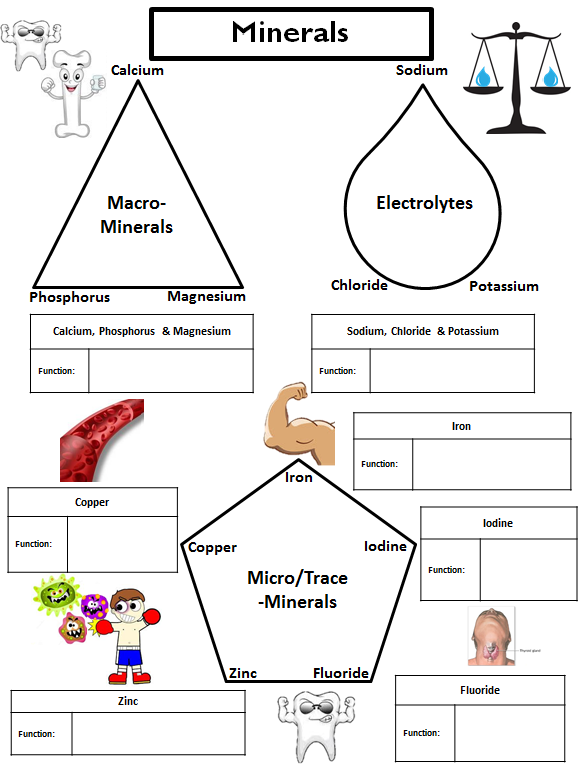
**Fruits and Vegetables**











**Fruits and Vegetables**

**FRUITS**

**Nutrition**

* Fruits are 75 – 95% water
* Low in **\_\_\_\_\_\_\_**, **\_\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_\_\_**
* Excellent source of **\_\_\_\_\_\_\_\_\_** (especially the skins!)
* Vitamins/Minerals Fruits Provide:
  + Vitamin C
  + Vitamin A
  + Potassium
* Choose **\_\_\_\_\_\_\_\_\_\_\_\_** or **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** fruits more often than fruit juice.
* **\_\_\_\_\_\_\_\_\_\_**, **\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_** can destroy nutrients in both fruits and vegetables.
* Always **\_\_\_\_\_\_\_** fruits and vegetables to remove pesticides that might remain on the skin.

**Guidelines for Selection Fruits**

* **Firm • Crisp**
* **Free from Decay • Smooth**
* **Dense • Good Color**
* **Free From Bruises • Good Smell**
* **In Season (Will Be Cheaper)**

**Purchasing and Storing Fruits**

* Store Fruits in:
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ripening**

* **\_\_\_\_\_\_\_\_\_\_\_** happens when **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** found in the fruit break-down into **\_\_\_\_\_\_\_\_\_\_**
* This leads to deterioration or spoilage:
  + Color Lightens
  + Texture Softens
  + Decreases in Acidity
  + Increases in Sweetness

**Browning**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** occurs when the cut surfaces of food reacts with oxygen.
* This is called **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* To prevent this, cover cut fruits with a liquid containing **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**VEGETABLES**

**Nutrition**

* Vegetables provide the following vitamins and minerals:
  + Vitamin A
  + Vitamin C
  + Vitamin D
  + Potassium
  + Folic Acid
  + Calcium
  + Magnesium
  + Vegetables contain NO **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + They are low in **\_\_\_\_\_\_\_\_\_\_\_\_\_**, **\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_\_\_** (They are “**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**”)
  + Eat more **\_\_\_\_\_\_\_\_\_\_\_**, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** vegetables form the vegetable group.

**Best Cooking Methods for Preserving Nutrients**

* The two BEST methods are:
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* You can also:
  + Bake
  + Stir-Fry
  + Simmer
  + Sauté

**Five Ways to Preserve Nutrients When Cooking Fruits and Vegetables**

* Cook in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** pieces
* Use **\_\_\_\_\_\_\_\_\_\_\_** amounts of **\_\_\_\_\_\_\_\_\_\_\_\_**
* Cook only until **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* Cook **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** used to cook in for soups and gravies (most nutrients dissolve into the water)