Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chapter 28 Scripted Notes Foods 1

A fruit is the part of the plant that holds the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Fruits are high in

fiber and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , as well as being

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , low in calories, and \_\_\_\_\_\_\_\_\_ in sodium. Sodium is

also known as what?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ List 3 other things that fruits are a

good source of:

1.

2.

3.

Fruits can be identified into \_\_\_\_\_\_\_\_\_\_ major types. These types are based on their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and origin. Describe each type below and give an example of each:

Berries –

Example:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Melons –

Example:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Citrus –

Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drupes –

Example:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pomes –

Example:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tropical –

Example:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fresh fruits and veggies are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . You can find them in their own section of the grocery store. To choose fruit properly, you must know what to look for. Mature fruit has reached its \_\_\_\_\_\_\_\_\_\_\_ and color. It becomes \_\_\_\_\_\_\_\_\_\_\_\_\_\_when it reaches its peak of flavor and is ready to eat. What are two other characteristics of ripe fruit:

1. 2.

A fruit that is small, and has poor color and texture is called an

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit. Will a fruit that is picked while immature ever

ripen?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Most fruit is picked when it is mature but \_\_\_\_\_\_\_\_\_\_ ripe. That means that it is

Very \_\_\_\_\_\_\_\_\_\_\_, lacks \_\_\_\_\_\_\_\_\_\_\_ , and has not reached top eating quality.

Why are under ripe fruits picked?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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There are 7 qualities to assess when choosing quality fruit. Briefly describe each:

1. Ripeness –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. Condition –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. Denseness –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. Color –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. Aroma –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. Size –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7. Shape –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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The returning of chlorophyll to the skin of an orange is called what?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_What does it mean about the quality of the fruit?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Describe how to store fresh fruit:

Under ripe –

Bananas –

Berries, Cherries, Grapes –

Citrus –

Other ripe fruit –

Cut fruits