

FRUITS & VEGETABLES OUTLINE FOR TAKING NOTES
FOODS & NUTRITION II

NAME: _____

1. The scientific definition of a fruit is 'an organ that develops from the ovary of a flowering plant and contains one or more seeds.' The culinary definition, however, limits fruits to those foods containing a high _____ content.
2. _____ is the name of the natural sugar found in fruits.
3. The 3 main groups of fruit are _____, _____, and _____.

WINTER FRUITS

4. _____ fruits are characterized by thick skins, aromatic oils, and segmented flesh. They are abundant in vitamin C. The most common citrus fruits are oranges, grapefruits (white and sweeter pink varieties), lemons, limes, tangelos, and tangerines.
5. _____ are a widely available winter fruit, and among the most commonly used of all the fruits.
The sweet and semi-firm textures of the Red and Golden _____ apples are best for 'eating'.
The crisp and tart apples like the _____ and _____ are best for baking, as they hold their shape well during cooking.
The semi-tart _____, _____, and _____ apples are excellent for applesauce.
_____ are semi-transparent pods that contain seeds near the core. They do not soften during cooking.

SUMMER FRUITS

6. _____ are highly perishable, tender, and fragile. Handle them as little as possible and serve them as soon as possible. Varieties include blueberries, raspberries, blackberries, boysenberries, and strawberries.
7. The _____ cherry is a dark red, almost black, sweet fruit good for eating fresh.
8. A _____ cherry is best for baking.
9. A _____ cherry has been pickled and candied.
10. Cherries, plums, peaches, nectarines, and apricots are called _____.
Drupes all have a central pit enclosing a single seed.
11. Peaches have a distinctive fuzzy skin. There are two categories of peaches:
In _____ peaches, the pit sits tightly against the meat and is tougher to remove, but the meat is sweeter, darker in color and juicier. It is mostly used in the making of jellies and jams, and is not commonly found in groceries or markets.
In _____ peaches the pit sits loosely against the meat and is much easier to remove. Grown in the southern states, like Georgia, they are lighter in color, firmer in texture, and tend to be larger than clingstone.