

Study Guide

Fruits

Directions: Read chapter 28, and answer the following questions. Later, you can use this study guide to review.

1. Why are fruits ideal for both snacks and meals?

2. Fruits are a good source of which nutrients?

3. Name two characteristics of citrus fruits.

4. Compare a prickly pear with a cherimoya.

5. Describe the difference between a mature fruit and a ripe fruit.

6. Why are most fruits picked when under ripe?

7. Why shouldn't you pick fruits when they are immature?

8. How do you know when fruit is ripe?

9. How should you store ripe pears? Cut-up fruit?

(Continued on next page)

Chapter 28 Study Guide (continued)

10. Describe the danger of using detergent to wash fruits.

11. Describe some ways to serve fresh fruit.

12. What are the advantages of using canned fruit?

13. What is the recommended way to serve frozen fruit?

14. What should you do with overripe fruit?

15. What are two ways to cook fruit with moist heat?

16. What are other options for cooking fruits?

Activity 1

Fruits

Fruit Word Search

Directions: Find the fruits listed in the grid. They may be written across, down, backwards, diagonally, or upside down. Circle the name of each fruit when you find it. On a separate sheet of paper, list each fruit and write a brief description about the optimal appearance and flavor of each.

Fruits:

- | | | | |
|------------|-----------|------------|-----------|
| Grapefruit | Persimmon | Strawberry | Orange |
| Papaya | Tangerine | Avocado | Blueberry |
| Banana | Peach | Raspberry | Cherry |
| Plum | Cranberry | Apricot | Melon |
| Apple | Grape | Kiwi | Mango |
| Lemon | Pear | | |

A	G	B	D	M	E	L	O	N	I	Y	R	R	E	H	C
P	U	R	E	Q	G	O	N	W	G	O	A	A	F	L	Q
R	H	I	A	R	A	O	I	J	L	B	R	S	K	M	U
I	L	A	R	P	D	K	O	W	O	L	E	P	E	A	R
C	R	A	N	B	E	R	R	Y	O	U	R	B	R	R	R
O	I	S	T	E	D	A	P	P	L	E	P	E	A	C	H
T	P	P	A	M	I	W	A	A	T	B	O	R	E	H	I
P	E	L	E	M	O	N	L	A	T	E	N	R	Y	A	N
A	N	U	M	S	H	O	N	S	O	R	A	Y	O	N	O
Y	P	M	F	A	C	A	P	S	N	R	U	T	H	G	D
A	E	G	E	A	N	I	C	E	L	Y	G	O	D	E	A
P	E	N	T	A	N	G	E	R	I	N	E	G	T	O	C
A	L	A	B	I	X	A	O	T	X	E	G	N	A	R	O
P	A	Y	R	R	E	B	W	A	R	T	S	A	V	A	V
S	E	E	D	S	Y	P	E	R	S	I	M	M	O	N	A
G	R	A	P	E	F	R	U	I	T	V	S	E	N	P	Y

Activity 2

Fruits

Favorite Fruits

Directions: Pick a fruit that you have never eaten from the section on Unusual Fruits on pages 432 and 457 of your textbook. Use Internet and print resources to find some interesting facts about your fruit, such as the region where it grows, the climate it thrives in, and various ways to eat it. Include names of recipes, and an interesting fact about its history.

Name of Fruit: _____

Where It Grows: _____

Climate: _____

Five Ways to Eat This Fruit: _____

Interesting Fact: _____

