

Activity 1**Fruits**

Fruit Identification

Purpose: To identify important characteristics of fruits.

Directions: Read the fruit descriptions below. Write the correct name of each fruit in the space provided.

1. Also called a star fruit, this fruit has an oval shape with four to six prominent ribs.

2. This large fruit is about the size of a grapefruit. It has a thick, rough, yellow-green skin and juicy, yellow-orange flesh that is divided into sections.

3. Green to black in color, this fruit is very dark when ripe. It ripens only after harvesting.

4. Smaller than a tangerine and an orange, with a loose, easy-peel rind. This fruit is very sweet and nearly seedless.

5. Varieties include green seedless, deep purple, red or white concord, and red seedless. These fruits are plump, bright, and firm when ripe.

6. From the citrus family, this small and round or oblong fruit is orange in color. Its sweet skin and tart flesh are both edible.

7. This large, oval fruit may be red, yellow, green, orange, or a combination of these colors. It is usually tinged yellow when ripe. Its golden-orange flesh is juicy and sweet.

8. Resembling pears, this fruit has yellow skin when ripe and is juicy and sweet. It has small, black, edible seeds.

9. This round- to pear-shaped fruit can be the size of grapefruit. It is usually yellow with fuzzy skin. Its dry, white flesh has a pineapple taste. It is eaten cooked.

10. This red, black, or white fruit is sweet and juicy and may have “hairs” on the surface. This fruit is bright, plump, and firm.

Activity 2

Fruits

Fruit Selection

Purpose: To explain how to select and store fruit.

Directions: In the space provided, answer the questions below to further your knowledge of fruit. Use your textbook as a reference.

1. How can you tell if a fruit is mature and ready to cook?

2. What are the defining characteristics of a ripe fruit?

3. How do you store underripe fruit?

4. How do you store ripe berries?

5. How do you prepare fruit?

Activity 3**Fruits****Fruit Vocabulary**

Purpose: To identify important fruit vocabulary.

Directions: Match the definitions from the left column with the fruit terms in the right column. Write the letter of the correct answer in the space provided to the left of each number.

Definitions

- | | |
|--|--|
| <p>_____ 1. The part of the plant that holds the seeds.</p> <p>_____ 2. A single, hard seed, also called a pit or stone, identifies this fruit. The inner flesh is soft and covered by a tender, edible skin.</p> <p>_____ 3. This type of fruit has a thick, firm flesh with a tender, edible skin. The central core contains several small seeds.</p> <p>_____ 4. Fresh fruits and vegetables are agricultural products known as this.</p> <p>_____ 5. Fruits that have reached their full size and color.</p> <p>_____ 6. Fruits that have reached their peak flavor and are ready to eat.</p> <p>_____ 7. Fruits that are very firm, lack flavor, and have not yet reached top eating quality.</p> <p>_____ 8. Fruits that are usually small for their size and have a poor color and texture.</p> <p>_____ 9. A process that occurs when a green substance returns to the skins of ripe oranges; also caused by bright lights.</p> <p>_____ 10. The chemical reaction that causes browning in fruit when oxygen reacts with a special protein.</p> <p>_____ 11. A special protein in fruit.</p> <p>_____ 12. A refrigerated dessert with layers that may include cake, jam or jelly, fruit, custard, and whipped cream.</p> <p>_____ 13. This process restores a dried food to its former condition by adding water.</p> <p>_____ 14. To make this you dip cut-up fruits in batter and deep-fat fry until golden brown.</p> <p>_____ 15. Grated pieces of fruit rind.</p> | <p>Fruit Vocabulary</p> <p>A. Drupe</p> <p>B. Enzymatic browning</p> <p>C. Enzyme</p> <p>D. Fritters</p> <p>E. Fruit</p> <p>F. Immature fruit</p> <p>G. Mature fruit</p> <p>H. Pomes</p> <p>I. Produce</p> <p>J. Reconstituting</p> <p>K. Regreening</p> <p>L. Ripe fruit</p> <p>M. Trifle</p> <p>N. Underripe fruit</p> <p>O. Zest</p> |
|--|--|