

Study Guide

Vegetables

Directions: Read chapter 29, and answer the following questions. Later, you can use this study guide to review.

1. List at least two ways to prepare and serve vegetables.

2. Name the different plant parts from which vegetables come.

3. What is the difference between salad greens and cooking greens?

4. Name the vegetables that are not plants. What are the benefits of eating these foods?

5. Why are vegetables considered among the most nutritious foods available?

6. List and explain the five signs of quality to look for when buying vegetables.

7. What are the disadvantages of storing potatoes and onions in the refrigerator?

8. How do you store most vegetables?

9. Explain the danger of washing vegetables by soaking them or using detergents.

(Continued on next page)

Chapter 29 Study Guide (continued)

10. List several ways to serve raw vegetables.

11. Describe four changes that happen to vegetables when they are cooked.

12. List the steps for simmering vegetables.

13. Why might you save the water that vegetables are cooked in for later use?

14. Describe how to steam vegetables.

15. Describe how to braise, fry, and bake a potato.

16. Describe how to microwave vegetables.

17. What are the differences between canned and frozen vegetables?

18. List three types of vegetables that can be purchased in a dried form.

Activity 1**Vegetables**

Colorful, Yummy Veggies

Directions: Using the textbook's descriptions of vegetables and their uses as a guide, either make a collection of at least *ten* real fresh vegetables or make a collection of color photographs from newspapers and magazines. If you collect fresh vegetables, arrange them creatively in a bowl. If you collect pictures, make a poster. Recommend a cooking method that you think is best for each of the vegetables you chose. On the lines below, write the name of the vegetable and your recommended cooking method.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Activity 2**Vegetables**

The Question Is...

Directions: Each item below is the answer to a specific question about cooking vegetables. Your job is to come up with a question for each. Write the question in the space provided.

1. Serve cooked vegetables with the cooking liquid whenever possible.

Question: _____

2. The cell walls become softer and more tender.

Question: _____

3. The flavors are released, causing vegetables to taste more mellow and delicious.

Question: _____

4. Fewer precious nutrients are lost because the vegetables are not cooked in water.

Question: _____

5. Arrange tender parts toward the center and less tender parts toward the edge of the baking dish.

Question: _____

6. Use this cooking method to cook beets, carrots, potatoes, and turnips rather quickly.

Question: _____

7. Add this when cooking red vegetables in hard-water areas to prevent undesirable color change.

Question: _____
