Activity 1

Buying Fresh Vegetables

Purpose: To identify guidelines for selecting and storing vegetables.

Directions: Fill in the missing word in each guideline below. Then explain why you should follow each guideline in the space provided.

_____ 1. __?__ months bring a bounty of vegetables to the marketplace. Why?

_____

_____

_____ 2. Buy vegetables that have a typical __?__ for the vegetable. Why?

_____

_____

_____ 3. Buy only as much as you can use and __?__. Why?

_____

_____

_____ 4. Root vegetables, bulbs, and tubers should not be __?__. Why?

_____

_____

_____ 5. Avoid __?__ potatoes. Why?

_____

_____

_____ 6. Avoid wilted, decayed, or otherwise __?__ vegetables. Why?

_____

_____
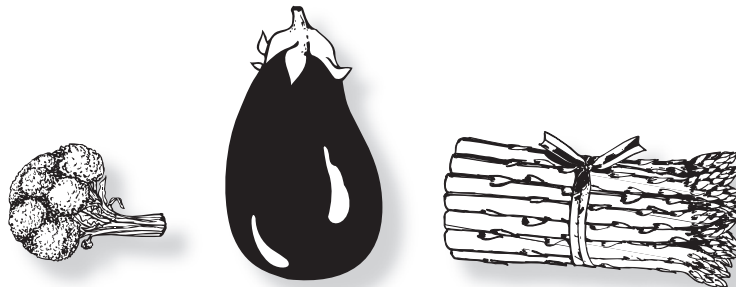
Activity 2

Preparing Raw Vegetables

Purpose: To review procedures for washing, cutting, serving, and storing fresh vegetables.

Directions: Each sentence below involves washing, cutting, serving, or storing fresh vegetables. Write DO in the space before each sentence that describes something you should do when preparing fresh vegetables. Write DON'T in the space before each sentence that describes something you should not do.

_____ 1. Wash all fresh vegetables before you eat or cook them.

_____ 2. Wash tender vegetables thoroughly in cool, clear water.

_____ 3. Soak vegetables in water to minimize nutrient loss.

_____ 4. Pare away edible skins of vegetables.

_____ 5. Cut vegetables into large pieces when serving them.

_____ 6. Store potatoes and sweet potatoes in a cool, dark, dry place.

_____ 7. Heap fresh vegetables on a plate or in a bowl for eye appeal.

_____ 8. Cover cut-up vegetables with plastic wrap if you don't plan to serve them immediately.

_____ 9. Store cut-up vegetables in the refrigerator.

_____ 10. Eat cut-up vegetables when you're in the mood for a snack.

Activity 3

Effects of Cooking on Vegetables

Purpose: To review the changes that take place when vegetables are properly cooked and when they are overcooked.

Directions: Listed below are several phrases that describe the effects of cooking on vegetables. Some of the phrases apply to properly cooked vegetables, and some apply to overcooked vegetables. Some phrases relate to texture, some to color, some to flavor, and some to nutrients. Organize the information by writing each phrase in the proper section of the chart. When you are finished, each section should contain at least one phrase. An example has been completed for you.

- Results in little nutrient loss
- Vegetables become easier to digest
- Vegetables remain an appealing color
- Releases natural flavors

- Vegetables become mushy
- Softens cell walls
- May result in an unpleasant color
- Causes greater nutrient loss

- Vegetables become tender
- Vegetables taste more mellow
- Causes loss of flavor or an unpleasant flavor

	Proper Cooking	**Overcooking**
Texture	Softens cell walls	
Color		
Flavor		
Nutrients		

Activity 4

Name That Vegetable

Purpose: To identify the different types of vegetables.

Directions: For each description below, identify the vegetable or the part of the plant from which it comes. Write your answers in the space provided.

_____ 1. Broccoli and cauliflower are examples.

_____ 2. Firm, round, smooth, with deep red color and slender tap root.

_____ 3. Seed vegetable, young and tender with firm crisp pods.

_____ 4. Tall stalks with closed, compact, rich green tips.

_____ 5. Large, unopened flower bud with thick, green, compact scales.

_____ 6. Lacy greens with long, slender, orange root.

_____ 7. Enlarged buds cut from tall stem.

_____ 8. Deep green skin covering cool, moist flesh with edible seeds.

_____ 9. Most common is dark purple, elongated, and football-shaped.

_____ 10. Type of fungus. Short stem with pink or light tan gills and white, creamy, or light brown cap.

_____ 11. Related to onion and garlic with mild, sweet flavor.

_____ 12. Whitish color, similar in shape to a carrot, but firm with a sweet, nutty flavor.

_____ 13. Bell-shaped, firm, hollow, with short, thick stems and three to four lobes.

_____ 14. Large, smooth, round or somewhat elongated; firm, dense. Sweet, yellow flesh with strong flavor.

_____ 15. Brussels sprouts and spinach are examples.

_____ 16. High in nutrients and require minimal cooking. Corn and peas are examples.

_____ 17. These vegetables store a plant's food supply.

_____ 18. Onions and garlic are examples of these vegetables.

_____ 19. Tomatoes and cucumbers are common examples of this part of a plant.

_____ 20. Celery is an example.