

ACTIVITY

Buying, Preparing, and Storing Fruits

Directions: Write answers to the following on the lines provided.

1. Dana wants to make a fruit salad tonight. Her choices at the store include:

- | | | |
|---------------|---------------|------------------------|
| firm apricots | red cherries | purple grapes |
| green bananas | navel oranges | sweet-smelling peaches |

Which of these fruits would be suitable for Dana to use in her salad? Explain your answer.

2. Jake is putting away the groceries he bought, which include fresh grapes. Jake plans to eat the grapes tomorrow. Should he wash the grapes now, or wait?

Directions: Match each process in the left column with the corresponding goal from the right column. Write the letter of the correct goal in the space provided. Do not use any goal more than once. One goal will not be used.

Processes	Goals
_____ 3. Remove core or pit, add spices, bake or microwave in a small amount of water.	A. To cook whole fruit
_____ 4. Blend pieces of fruit, plain low-fat yogurt, ice cubes, and fruit juice.	B. To make a fruit sauce
_____ 5. Add a small amount of liquid to fruit or fruit pieces and cook over low heat.	C. To make a fruit smoothie
_____ 6. Sprinkle fruit with lemon juice or orange juice.	D. To make trail mix
	E. To prevent cut fruit from turning brown

7. List three equally nutritious forms of fruit that you can substitute for fresh fruit.

ACTIVITY

Eating Fruits for Good Health

Directions: Write answers to the following on the lines provided.

1. List the major categories of nutrients that most fruits provide.

2. When medical tests showed that Lawton had a nutrient deficiency, his doctor gave him the following list of foods to increase his intake of that nutrient:

bananas	figs	papaya
cherries	kiwi fruit	prunes

Play nutrition detective. Recall what you have learned about nutrition and fruits to answer the following:

A. Which specific nutrient does the list suggest that Lawton needs? _____

B. The nutrient in which Lawton is deficient belongs to which nutrient category?

3. Because Brad wanted to greatly reduce his intake of fat, he decided to substitute no-cholesterol, no-fat fruits for some of the foods containing fat. Which two fruits should Brad limit to help him meet his nutrition goal?

4. Why should Brad limit these fruits? _____

5. Eating a variety of fruits provides many health benefits. On the lines provided, summarize those benefits that apply to each of the headings below.

Energy _____

Continued

Eating Fruits for Good Health continued

Fiber _____

Fat and Cholesterol _____

6. Complete the checklist below by filling in the missing information.

Get the Most from Your Fruit Servings

- Eat a vitamin C-rich fruit or juice every day, such as _____
_____ .
- Choose mostly fruits without added _____ .
- When fresh fruits aren't available, use _____
_____ .
- Choose fresh fruits with edible skins for _____ .

Fruits

Choosing Nutritious Fruits

Directions: It is important to consider nutrition when choosing fruit. Listed below are pairs of fruits. Put a check in the blank to the left of the fruit in each pair you think is the best choice. Explain why in the space provided.

1. Frozen strawberries with sugar
 Frozen strawberries without sugar



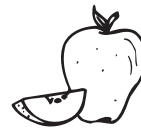
Explain your choice.

2. Fresh grapefruit segments
 Canned grapefruit segments



Explain your choice.

3. Fresh apple
 Freshly-made applesauce



Explain your choice.

Fruits

Consumer Power

Directions: Read each question below. Make any calculations on a separate sheet of paper and answer the questions on the lines provided.

1. Packaged apples come in a tray of four for \$1.59. What is the cost per apple?

2. Loose apples are on sale at three for \$1.00. What is the cost per apple?

3. Which is the better buy, loose or packaged apples?

4. A 15-ounce jar of applesauce costs \$1.05. What is the cost per ounce?

5. A 48-ounce jar of applesauce costs \$2.39. What is the cost per ounce?

6. Which jar of applesauce is the better buy?

7. A 15-ounce box of raisins costs \$1.54. What is the cost per ounce?

8. A pack of six 1-ounce boxes costs \$1.15. What is the cost per ounce?

9. Which has a lower unit cost, the large box of raisins or the six small packages?

10. Sometimes the best buy is not the best choice for you. Other than price, what factors might you think about in buying fruit?

