

Name: \_\_\_\_\_

Class Period: \_\_\_\_\_

# Fruits & Vegetables

Foods/Nutrition



## Fruits

Fruits are \_\_\_\_\_% \_\_\_\_\_.

Low in fat, \_\_\_\_\_ and \_\_\_\_\_.

Excellent source of \_\_\_\_\_ (especially the skins!)

Vitamins & Minerals Fruits Provide:

- Vitamin \_\_\_\_ (Citrus, melons, strawberries)
- Vitamin \_\_\_\_ (Deep yellow and green fruits)
- \_\_\_\_\_ (Bananas, raisins, figs)

Choose \_\_\_\_\_ or cut up fruits more often than fruit \_\_\_\_\_.

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ can destroy \_\_\_\_\_ in both fruits and vegetables.

Always \_\_\_\_\_ fruits and vegetables to remove \_\_\_\_\_ that might remain on the skin.

### Guidelines for Selecting Fruits & Vegetables

- Firm
- Free From
- Crisp
- Smooth
- Dense
- Free From Bruises
- Good Color
- Good Smell
- In Season (Will Be Cheaper)

## Purchasing and Storing Fruits & Vegetables

### Purchasing

- Most fruits are sold by \_\_\_\_\_ or by \_\_\_\_\_.
- Fruits are packed in crates, bushels, cases, lugs, or flats
- \_\_\_\_\_ fruits and vegetables are \_\_\_\_\_ in cost, \_\_\_\_\_ and have better \_\_\_\_\_.
- They will last about \_\_\_\_\_ week in the refrigerator.

### Store Fruits In:

- \_\_\_\_\_ (Refrigerator)
- \_\_\_\_\_
- Give Them \_\_\_\_\_.

\_\_\_\_\_ happens when \_\_\_\_\_ found in the fruit break down into \_\_\_\_\_. (Bananas in the fridge)

This leads to deterioration or spoilage:

- \_\_\_\_\_ Lightens
- Texture \_\_\_\_\_
- Decreases in \_\_\_\_\_
- Increases in \_\_\_\_\_

\_\_\_\_\_ occurs when the cut surfaces of food reacts with \_\_\_\_\_.

This is called \_\_\_\_\_.

To prevent this, \_\_\_\_\_ cut fruits with a liquid containing \_\_\_\_\_ (Vitamin C).

## Vegetables

Vegetables provide the following Vitamins and Minerals:

- Vitamin A
- Vitamin C
- Vitamin D
- Potassium
- Folic Acid
- Calcium
- Magnesium

Vegetables contain NO \_\_\_\_\_.

They are low in \_\_\_\_\_, fat and sodium (They are “\_\_\_\_\_”)

Eat more \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ vegetables from the Vegetable Group.

### Cooking Methods

The two BEST methods are:

- 
- 

You can also:

- Bake
- \_\_\_\_\_
- Simmer
- \_\_\_\_\_
- Or just eat them \_\_\_\_\_

## Preserving Nutrients

Cook in \_\_\_\_\_ pieces

Use \_\_\_\_\_ amounts of water

Cook only until “\_\_\_\_\_” tender

Cook \_\_\_\_\_

Save the water used to cook in for \_\_\_\_\_ and \_\_\_\_\_ (most nutrients dissolve into the water)

## Farm to Table

\_\_\_\_\_: use of good agricultural practices

\_\_\_\_\_: monitor at critical points

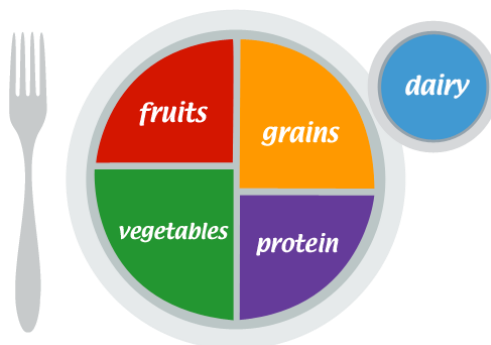
\_\_\_\_\_: use clean vehicles and maintain the cold chain

\_\_\_\_\_: follow the food code guidelines

\_\_\_\_\_: always follow the four C's of safety- clean, cook, control cross-contamination and chill

# Dietary Guidelines & My Plate

Foods/Nutrition



## 6 Dietary Guidelines

1. Eat nutrient \_\_\_\_\_ foods.
2. Balance \_\_\_\_\_ to manage \_\_\_\_\_.
3. Reduce \_\_\_\_\_, fats and \_\_\_\_\_ sugars, refined grains and \_\_\_\_\_.
4. Increase vegetables, \_\_\_\_\_, whole grains, \_\_\_\_\_, and seafood.
5. Build \_\_\_\_\_ eating patterns that meet \_\_\_\_\_ needs over time at an appropriate calorie level.
6. Include \_\_\_\_\_ as part of healthy eating patterns.

### Choose Nutrient Dense Foods:

- Nutrient dense food provides \_\_\_\_\_, \_\_\_\_\_ and other beneficial substances with relatively few \_\_\_\_\_.

### Balance Calories to Manage Weight:

- \_\_\_\_\_ food and beverage intake, physical activity, and body weight.
- Reduce \_\_\_\_\_ sizes.
- When eating out, make better \_\_\_\_\_.

### Reduce Sodium, Fats, and Added Sugar, Refined Grains, and Alcohol:

- \_\_\_\_\_ foods contain a lot of sodium, fat, added sugars, and refined grains.
- \_\_\_\_\_ contains a lot of calories and no nutritional value.

### **Increase Vegetables, Fruits, Whole Grains, Milk, and Seafood:**

- \_\_\_\_ oz. of seafood per week
- Use \_\_\_\_\_ in place of \_\_\_\_\_.
- Choose \_\_\_\_\_ products in place of some meat/poultry. (At least 8 oz. per week for teens/adults.)

### **Build Healthy Eating Patterns That Meet Nutritional Needs Over Time At An Appropriate Calorie Level:**

- When you build healthy eating habits you eliminate \_\_\_\_\_ dieting, constant weight \_\_\_\_\_ and you have much more \_\_\_\_\_.

### **Include Physical Exercise As Part Of Healthy Eating Patterns:**

- Children and teens should be physically active for at least \_\_\_\_\_ minutes every day

## **My Plate**

### **Grains:**

- Choose \_\_\_\_\_% whole grain cereals, breads, crackers, rice and pasta
- Check the \_\_\_\_\_ list on food packages to find whole grain foods.
- Make at least \_\_\_\_\_ of your grains whole grains.

### **Protein:**

- Keep meat and poultry portions \_\_\_\_\_ and \_\_\_\_\_.
- Choose a \_\_\_\_\_ of foods including seafood, beans and peas, nuts, lean meats, poultry and eggs.
- Try grilling, broiling, poaching or roasting. These methods do not add \_\_\_\_\_ fat.

### **Vegetables:**

- Choose fresh, frozen, canned, or dried fruits and vegetables.
- Eat more red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli in main and side dishes.

### **Fruits:**

- Use fruit as \_\_\_\_\_, salads or desserts.
- Choose \_\_\_\_\_ or cut-up fruits more often than \_\_\_\_\_.
- Make \_\_\_\_\_ your plate fruits and vegetables.

### **Dairy:**

- \_\_\_\_\_ or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less \_\_\_\_\_ and \_\_\_\_\_.
- Switch to low-fat or fat-free dairy products. Get your calcium \_\_\_\_\_ foods.

### **Have a Variety:**

- Each food group provides some, but not \_\_\_\_\_ of the nutrients you need.
- No one single food or food group can provide all \_\_\_\_\_.
- Eating a \_\_\_\_\_ ensures you get all nutrients

### **Characteristics of Healthy Eating Patterns**

- Reading and \_\_\_\_\_ food \_\_\_\_\_.
- \_\_\_\_\_ control
- Understanding the functions and caloric value of the 6 nutrients.

**Different people have different caloric needs depending on age, gender and activity level.**