

Activity 125

Selecting Fruit

Directions: Use your own experiences and preferences, as well as what you have read in your textbook, to answer the questions.

1. Think of a fruit that you enjoy eating in at least two of the following forms: fresh, frozen, canned, dried, and juices. Write the name of the fruit on the line provided at the top of the box.
2. In the remaining portion of the box, draw at least two forms in which you enjoy this fruit. Label each drawing to identify it.
3. List four important nutrients that fruit provides.

4. Explain why it would make good shopping sense to buy this fresh fruit when it is in season.

5. Why do many people prefer to cook fruit in a microwave oven rather than in a conventional oven or on a stove?

6. Explain why fruits should be cooked in as little water as possible.

7. Think about the fruit that you selected at the top of the page. Suggest three or more delicious ways to serve that fruit.

Name of fruit: _____