

# Activity 126

## Puzzling Fruits

**Directions:** The scrambled words in the sentences that follow have to do with fruits. Unscramble the letters and write the letters of the correct word in the spaces provided.

1. Cooking food in a microwave oven \_\_\_\_\_  
helps preserve the color and **VALROF**.
2. Fresh fruit is more plentiful and less \_\_\_\_\_  
expensive when it is in **NOSESA**.
3. Food that is changed from its raw form \_\_\_\_\_  
before being sold is said to be  
**SPECEDORS**.
4. To keep nutrient loss to a minimum \_\_\_\_\_  
when cooking fruit, use as little  
**TREWA** as possible.
5. When cooking food on the **VOSET**, \_\_\_\_\_  
use a low, even temperature.
6. Small amounts of some **MITVAINS** are \_\_\_\_\_  
lost when fruit is cooked.
7. In addition to providing vitamins \_\_\_\_\_  
and minerals, fruit is a good source  
of **BYSTARCROAHED** and fiber.
8. Fruit bought out of season may be \_\_\_\_\_  
less nutritious because it has been  
artificially **DEENRIP**.