

Skills for Living

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Topic 15-2

Fruits and Vegetables

- In this topic, you will learn how to choose, store, and prepare fruits and vegetables, as well as
 - ❖ **Buying fruits and vegetables**
 - ❖ **Storing fruits and vegetables**
 - ❖ **Preparing fruits and vegetables**

Fruits and Vegetables

Objectives for Topic 15-2

After studying this topic, you will be able to

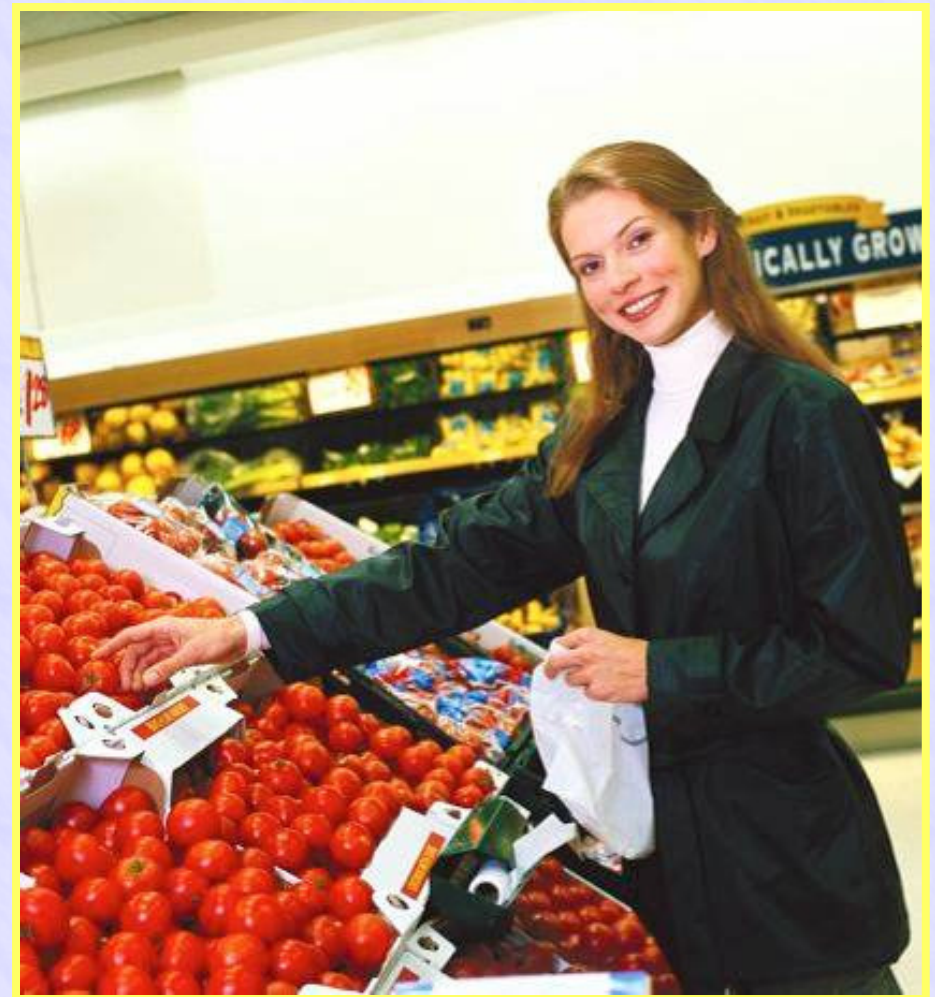
- list factors to consider when buying fruits and vegetables
- use proper storage methods for fruits and vegetables
- describe preparation and cooking methods for fruits and vegetables

Topic 15-2 Term

❖ produce

Buying Fruits and Vegetables

- Fruits and vegetables are available in fresh, frozen, canned, and dried forms



Fresh Fruits and Vegetables

- Fresh fruits and vegetables are also called *produce*
- Produce *in season* means it is the time of year when it is harvested
- Shopping tips
 - ❖ Buy in season when quality is high and cost is low
 - ❖ Look for the highest quality
 - ❖ Judge by appearance and weight

Frozen Fruits and Vegetables

- Flavor and quality should be the same as fresh produce, but texture may be less crisp
- Select packages that are undamaged and frozen solid

Canned Fruits and Vegetables

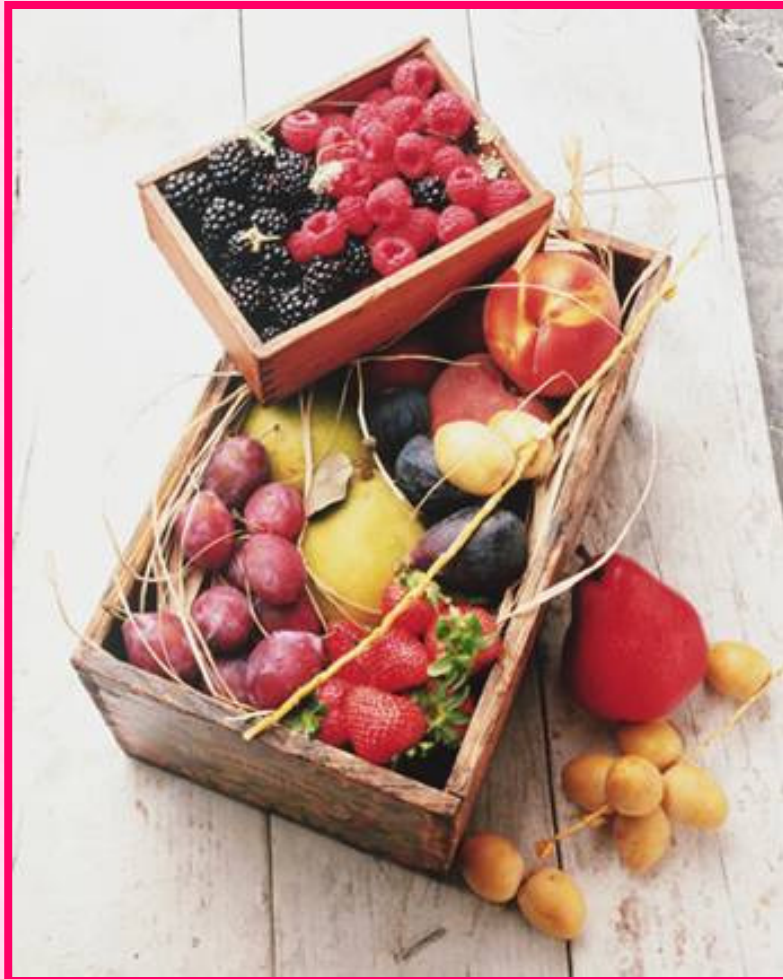


- Come in forms such as whole, slices, and pieces
- Avoid fruits packed in syrup or vegetables packed with added salt
- Look for cans free of dents, bulges, or leaks

Dried Fruits and Vegetables

- Can be rehydrated for a softer texture
- Look for-well sealed packages that are free of moisture

Did You Know...



- The less you handle fruits and vegetables when purchasing or preparing, the longer they will stay fresh

Storing Fruits and Vegetables

- Store in the crisper section of the refrigerator
- Do not wash before storage
- Some produce does not require refrigeration
 - ❖ bananas
 - ❖ onions
 - ❖ potatoes



Preparing Fruits and Vegetables

- Raw or cooked
- Alone or mixed with other foods
- In salads and snacks



Fresh Fruits and Vegetables

- Wash produce before eating or cooking
- Dip apples and bananas in lemon juice to prevent discoloration
- Cooking methods include
 - ❖ simmering
 - ❖ microwaving
 - ❖ steaming
 - ❖ baking
 - ❖ broiling

Preparing Other Forms of Fruits and Vegetables

- Canned fruits are ready-to-eat or can be heated
- Canned vegetables should be heated
- Frozen fruit should not be fully thawed before cooking
- Frozen vegetables should be cooked with shorter cooking times
- Dried fruit is ready-to-eat or can be rehydrated
- Dried beans should be simmered or baked

Did You Know...

- Canned fruits and vegetables can be soaked in cold water for a half hour to remove the “tinny” taste

Summary for Topic 15-2

- Fruits and vegetables can be fresh, frozen, canned, or dried
- Proper storage of fruits and vegetables helps preserve freshness and nutrients
- Preparation techniques from fruits and vegetables use both moist and dry heat methods