Fruits Study Sheet

Guide to Good Food: Chapter 16, Pages 281-289.

I. Choosing Fresh Fruit
   A. Fruit classification
      1. Berries - small and juicy with thin skins
      2. Drupes - outer skin covering a soft fleshy fruit. Single stone or pit
      3. Pomes - central, seed-containing core surrounded by a thick layer of flesh
      4. Citrus - Thick outer rind. Thin membrane separates flesh into segments.
      5. Melons - Large, juicy fruit with thick skins and many seeds.
      6. Tropical Fruits - grown in warm climates and considered somewhat exotic. Pineapples, Guavas, Kiwi, Star fruit, Bananas, Mangos
   B. Nutritional Value
      1. Low in fat
      2. Provide fiber
      3. Best dietary source of vitamin C. Good source of vitamin A and moderate source for the B vitamins.
   C. Selecting Fresh Fruit
      1. Ripeness - Have reached top eating quality
         a. Press gently to see if it gives slightly
      2. Under-ripe fruit - full sized but have not reached peak eating quality. (Buy pears and bananas under-ripe)
      3. Immature fruits – have not reached full size, small and have poor color, flavor and texture.
      4. Also, use color and fragrance as guide for ripeness.
   D. Storing Fresh Fruit
      1. Handle gently
      2. Wash and dry (Except berries - do not wash until using)
      3. Ripened – refrigerator Under-ripe - room temperature.

II. Choosing Canned, Frozen and Dried Fruits
   A. Canned Fruit
      1. Less expensive - depends on brand, size, quality and packing liquid

2. Cans free from dents, leaks and bulges. Jars without chips and cracks.
3. Store in cool, dry place.
4. After opening, cover and store in the refrigerator.

B. Frozen Fruit
1. Resemble fresh in flavor and color but lose some quality in texture during freezing.
2. Choose packages that are clean, undamaged and frozen solid.
3. After thawing, cover and store in the refrigerator. Use promptly.

C. Dried Fruit- raisins, prunes, dried plums and apricots
1. Choose dried fruit that is fairly soft and pliable
2. Store unopened boxes in cool, dark and dry place.
3. After opening, store in tightly covered containers.

III. Preparing Fruits

A. Preparing Raw Fruits
1. Wash but do not soak fruits (may lose vitamins)
2. Enzymatic browning - fruit darkens when exposed to air (bananas, peaches, apples), dip in lemon, orange, grapefruit or pineapple juice

B. Food Science Principles of Cooking Fruits
1. Cellulose softens - easier digestion
2. Color changes
3. Heat-sensitive and water soluble vitamins may be lost
4. Flavors become less acidic and mellow

C. Cooking Methods
1. In liquid - Sugar syrup- the fruit will retain shape, if cooked in water it will not retain shape.
2. Baking - until just tender with a small amount of liquid
3. Broiling - broil quickly so watch carefully
4. Frying – sautéing or deep fat frying – fritters- batter dipped
5. Microwaving - maintain flavor and nutrients and cook with little or no liquids